



PRSRT STD  
U.S. POSTAGE  
**PAID**  
Des Moines, IA  
Permit No. 589  
ECRWSS

Postal Customer

Your ad could be read in over **34,000** homes and businesses in West Des Moines.



Contact WDM Magazine at 222-3610.  
Ask for a media kit and more information  
on how you can **increase YOUR business**  
by being a sponsor in the WDM Magazine.



# WDM magazine

Issue 54 | SPRING/SUMMER 2021

*Your guide to news and activities for the City of West Des Moines*



9

Plant the Speed

13

Solid Waste  
Events

p1

WDM Parks  
& Recreation

OPENING SOON at the RECplex!

DES MOINES UNIVERSITY CLINIC

# PHYSICAL THERAPY



REHABILITATION  
SPORTS PERFORMANCE  
WELLNESS



PROVIDING PHYSICAL THERAPY & ATHLETIC TRAINING SERVICES FOR THE MIDAMERICAN ENERGY COMPANY RECplex

#### SERVICES INCLUDE:

- SPORTS PERFORMANCE & MOTION ANALYSIS
- CONCUSSION MANAGEMENT
- CHRONIC PAIN MANAGEMENT
- PELVIC FLOOR REHABILITATION
- VESTIBULAR REHABILITATION
- PRE- AND POST-SURGICAL THERAPY
- OVERUSE INJURIES
- MANUAL THERAPY & DRY NEEDLING
- BALANCE AND FALL PREVENTION
- POST COVID RECOVERY
- WELLNESS CONSULTATION

Your partner in health and wellness  
for optimal performance  
and function

CALL TODAY TO SCHEDULE  
AN APPOINTMENT!

Two GRAND locations for all your physical therapy and athletic training needs:

#### WEST DES MOINES

Our new location in the MidAmerican Energy RecPlex

6500 Grand Avenue, Suite 110,  
West Des Moines, IA 50266-5357  
515.271.7802 // [dmu.edu/clinic/recplex](http://dmu.edu/clinic/recplex)

#### DES MOINES

Our long-established clinic near downtown

3200 Grand Avenue,  
Des Moines, IA 50312-4198  
515.271.1717 // [dmu.edu/clinic/physical-therapy](http://dmu.edu/clinic/physical-therapy)



## CONTENTS

### WDM NEWS

- 4 WDM City Officials
- 5 The Mayor's Column
- 6 Boards And Commissions
- 7 From the City Manager
- 8 Open Letter about our Conduit Network
- 9 Plant the Speed
- 10 WDM Photo Contest Winners
- Public Services Has Moved
- 11 National Public Works Week Celebration
- Yard Waste Season Starts
- 12 2021 Scrap Appliance & Metal Drop-Off
- 13 Solid Waste Events
- 14 Your Lawn & Garden Slam Dunk
- 15 Metro Waste Authority
- 16 Spring Cleaning and Fire Safety
- 17 2021 Sidewalk Program
- 18 WDM Public Arts
- 19 The WDM Historical Society
- 20 WDM Shade Crusade 2021
- WDM Community Foundation
- 21 Emerald Ash Borer
- WDM PD Lost & Found
- 22 Community Compliance Corner
- 23 Scrap Tire Dropoff
- Recycling Cart Full? Drop It Off!
- 24 2021 Spring Cleanup

### WDM ACTIVITIES

- P1 Parks & Recreation
- 26 Library
- 30 Human Services Programs



WELCOME to the WDM Magazine...

The City of West Des Moines' premier communication sent to over 34,000 homes and businesses throughout the City.

The WDM Magazine is published three times per year to highlight city news and information as well as community events and programming available through WDM Parks and Recreation, the WDM Library, and WDM Human Services.

#### WEST DES MOINES CITY HALL

4200 Mills Civic Parkway  
West Des Moines, Iowa 50265  
(515) 222-3600



Since 1913, HR Green has provided solutions that build communities and improve lives.

► [HREEN.COM](http://HREEN.COM)

► 5525 Merle Hay Road | Suite 200  
Johnston, IA 50131  
► Phone 515.278.2913 | Fax 515.278.1846

TRANSPORTATION + WATER + GOVERNMENTAL SERVICES  
LAND DEVELOPMENT + ENVIRONMENTAL + CONSTRUCTION



## MAYOR



**Steven K. Gaer**  
Home: 225-9732  
Work: 974-5261  
Steve.Gaer@wdm.iowa.gov

## WDM CITY COUNCIL



**Kevin Trevillyan**  
First Ward  
Phone: 240-8786  
Kevin.Trevillyan@wdm.iowa.gov



**Greg Hudson**  
Second Ward  
Phone: 518-0529  
Greg.Hudson@wdm.iowa.gov



**Russ Trimble**  
Third Ward  
Phone: 554-8746  
Russ.Trimble@wdm.iowa.gov



**Renee Hardman**  
At-Large  
Home: 556-9248  
Renee.Hardman@wdm.iowa.gov



**Matthew McKinney**  
At-Large  
Phone: 208-0033  
Matthew.McKinney@wdm.iowa.gov

## KEY CITY STAFF



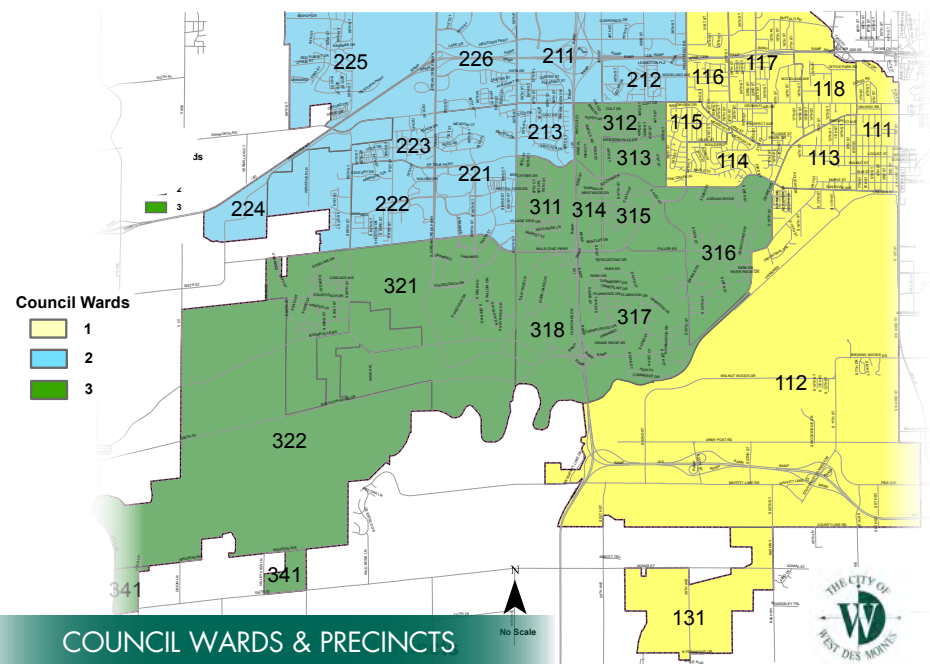
**City Manager**  
Tom Hadden  
222-3610



**Deputy City Manager**  
Jamie Letzring  
222-3610



**City Attorney**  
Richard J. Scieszinski  
222-3614



## THE MAYOR'S COLUMN



During the last several years, the city has taken important steps, in concert with our Human Rights Commission, to further our goals to embrace and celebrate diversity in our community, and to be a welcoming city to all.

transparency. A board of eight Black citizens who conducted the review provided their findings to the Mayor and Council last November. In 2021, the Council's Public Safety Committee will meet with the police department to discuss strategic changes we can make to ensure we continue following law enforcement best practices.

For example, in just four years, we've increased our Municipal Equality Index score from 42 in 2016 to 99 (out of 100) in 2020. That's a huge achievement, and I'm so proud of our organization for taking the initiative and following the lead of the Human Rights Campaign, the largest civil rights organization in the country that provides guidance and MEI scoring for 509 cities from every state in the nation.

Furthermore, in 2021 the city will be recruiting a Diversity, Equity and Inclusion Director who will report directly to the City Manager and lead the city's efforts in this area. This individual will be responsible for providing advice, guidance, coaching, training and expertise to elected officials, West Des Moines Human Rights Commission members, the City Manager's Office, and the city's management team and staff on issues related to diversity, equity and inclusion policies, procedures and best practices.

The city accomplished this milestone by partnering with leading diversity and inclusion organizations, such as One Iowa and Iowa Safe Schools, and implementing new initiatives such as youth bullying prevention policies related to city services, participation in diversity job fairs, and more.

This step will make West Des Moines the only city in Iowa with a director-level position for these types of initiatives.

We also have worked hard to attract and support diversity in our police department. Since 2017, the city has hired 10 female officers, three Hispanic officers, three Black officers and our first officer of the Muslim faith. These individuals represent progress in our work to have the makeup of our police reflect the community we serve.

I want to thank all the members of our Human Rights Commission who donate their time and talents to assist us with our efforts: Mindy Begenat, Chair; Chandlor Collins, Vice Chair; Shiamaa Aly; Lonnie Dafney; Milton Cole-Duvall; Dr. Rich Salas; and Heather Schott. I also want to recognize Sanjita Pradhan, the former Chair, who served on the commission for over six years. Her most recent term ended on December 31, 2020, and we are grateful for her service.

Members of the Police department also actively participate in training sessions and conversations regarding diversity, equity and inclusion, and have been regular participants in West Des Moines Community and Equity Conversations, the WDM Community Immigrant and Refugee Taskforce, the NAACP Conference, the NAACP Justice Disparities Summit, and the One Iowa Conference.

This dedicated seven-member commission has worked tirelessly to advocate for community and government systems to ensure an inclusive, equitable and thriving community. We all benefit from their work to improve the lives of our residents.

Important progress also has been made by the Mayor's Task Force review of police hiring practices, training, use of force, racial profiling, complaint processes and overall

**Mayor Steven K. Gaer**

# BOARDS AND COMMISSIONS



## Bicycle Advisory Commission

Helen Eddy  
Brittany Freund  
Mindy Moore  
Cole Prevost  
Thomas Suckow  
Stephen Welsh  
Nicholas Welter

## Board of Adjustment

Michael Blaser  
Eric P. Christiansen  
Thomas Cunningham  
Angie Pfannkuch  
Michele Stevens

## Civil Service Commission

Emily Bartekoske  
Kevin Flagg  
Chris Haviland

## Human Rights Commission

Shiamaa Aly  
Melinda Begenat  
H. Milton Cole-Duvall  
Chandler Collins  
Lonneta Dafney  
Rich Salas  
Heather Schott

## Human Services Board

Mary Bernabe  
Mari Bunney  
Janet Clary-Jones  
Sean Fredregill  
Joe Happe  
Jo Helling  
Douglas Loots  
Matt McNeece  
Rick Riley  
Jami Schnoebelen  
Bill Solawetz  
Tami Swenson  
Kasey Tickel  
Daniel Werner  
Susan Wright

## Library Board of Trustees

Mary Brooks  
Melissa Gillespie  
Carol Grant  
Bryan Myers  
Joseph Pollpeter  
Ray Seidelman  
Ann Warren

## Park and Recreation Advisory Board

Joe Hrdlicka  
Jim Miller  
Heather Schebel  
Aaron Sewell  
Rick Swalwell

## Plan and Zoning Commission

Erica Andersen  
Andrew Conlin  
Chris Costa  
Kevin J. Crowley  
Jennifer Drake  
Scott Hatfield  
Jill Southworth

## Public Arts Advisory Commission

Diane Boyd  
Ryan Crane  
Jed Gammell  
Tamara Kenworthy  
Rita Luther  
Jeff Phillips  
Brenda Sedlacek

## Sister Cities Commission

Erika Cook  
Brian Crotty  
Johanna Langille  
Jeffrey Lipman  
John Norwood  
Jim Sandager  
Yangyidi Ye

## Water Board of Trustees

Scott Brennan  
Erin Sheriff  
Jody E. Smith  
Gretchen Tegeler  
Mary Thomsen

## FROM THE CITY MANAGER



### Dream It, Build It!

As we eagerly anticipate the resumption of outdoor sports, we can also look forward to the grand opening of our new MidAmerican Energy Company RecPlex!

After breaking ground in spring 2019, I'm pleased to report that the finish line is in sight for this extraordinary venue. Certain to become a regional destination, the RecPlex is owned by the City and operated by our own Parks and Recreation Department. And, we've been very busy putting together an outstanding RecPlex staff!

RecPlex General Manager Shayne Ratcliff brings extensive sports facility management experience to our lineup, most recently as Manager of the Lakeville Arenas in Minnesota. Shayne has been active in the ice arena industry, serving for nearly ten years on the board of the Minnesota Ice Arena Managers Association, including a term as president in 2015-2016. Matt Nelson is our new Operations Coordinator and also comes to us from the Lakeville Arenas, where he served as Assistant Manager/Operations Coordinator. Matt directed maintenance at the two facilities, which included three sheets of ice.

Joining Shayne and Matt on the RecPlex team is Brett Slaby, our new Guest Services Coordinator. Brett, originally from Lincoln, Nebraska, has more than ten years' experience in the food and beverage industry. Brett most recently served as Catering Manager at the Iowa Events Center in Des Moines where he managed food and beverage service for the largest galas, conventions and trade shows in the state. With the hiring of these three dedicated professionals, the RecPlex management team boasts a combined total of 35+ years' experience in all aspects of athletic facility management.

### An Important Regional Attraction

The RecPlex fulfills a longtime need for a regional, indoor sports facility that provides year-round access and opportunity for growing youth sports programs such as hockey, soccer, basketball, Esports and

adaptive programming. In addition, it is expected to attract thousands of visitors to central Iowa for tournaments, conferences and special events – extremely good news for the local economy.

As a successful public/private partnership, funds from a wide range of sources are paying for costs associated with design, grading and site improvements, land purchase, construction and equipping the RecPlex. More than \$12.2 million was raised in private donations from corporations and individuals, as well as \$1.7 million in grant funds. Additionally, \$17.3 million in hotel/motel and \$15.9 million in local option sales tax revenue, \$2 million in urban renewal funds and \$6.6 million in utility funds have been allocated for the project.

The 300,000 sq foot building with equipment and furnishings comes in at approximately \$40 million. The three lighted all-weather turf fields cost \$3.4 million, and grading and site work come to \$9.3 million. The remaining expense involved land purchase, design, inspection, connection fees, etc. Ongoing revenue from tenants and facility rental will generate funds to create a successful and sustainable RecPlex enterprise operation without support of taxpayer dollars.

As a regional attraction, the RecPlex will boost our local economy by increasing diners at our restaurants, guests at our hotels and shoppers at our retail outlets. This will be important as we work together to help restore and rebuild our local business community in the aftermath of COVID-19.

Our investment in the RecPlex is a way of investing in the whole community, adding to our quality of life and ensuring that West Des Moines stays vibrant, relevant and prosperous for years to come.

For more information, visit [www.TheRecPlex.com](http://www.TheRecPlex.com) or the RecPlex Facebook Page. If you're interested in applying for a RecPlex position, visit [www.wdm.iowa.gov/jobs](http://www.wdm.iowa.gov/jobs).

**Tom Hadden**

The WDM magazine was produced by the City of West Des Moines, JM Impressions and Colorfx.

© 2021 City of West Des Moines, Iowa

## An open letter to West Des Moines residents & businesses regarding Mediacom's lawsuit

On December 31, 2020, the City of West Des Moines filed a Motion to Dismiss Mediacom's lawsuit challenging our use of the Urban Renewal Law to construct an underground conduit network which internet providers can license to bring reliable, high-speed internet to residents and businesses.

We want you to know we strongly disagree with Mediacom's allegations, and we have no intention of abandoning our efforts to make this citywide project a reality. All the steps we're taking are consistent with the language and purpose of Iowa law. That's how we do things in West Des Moines.

Although we understand that reducing barriers to competition is not always supported by existing industry, the reality is that high-speed internet was identified in our 2020 Citizen Survey as the "most needed improvement" in our neighborhoods and it is an important tool to retain and attract businesses and employees in our community.

We're committed to installing the infrastructure that can help bring reliable, high-speed internet options to West Des Moines because that's what you've asked us to do. You can have full confidence that our approach is innovative and the result of several years of planning and meetings with residents and business leaders.



The City of West Des Moines is constructing a conduit network that will allow internet providers to bring fast, reliable internet service to homes and businesses.

You can opt-in now to have the conduit brought to your door at no cost. As internet providers license space in the conduit, you will be able to choose, based upon your needs and budget, to continue to use your existing provider or to acquire your internet service from a provider in the conduit network.



1

### STEP 1

Sign up now to connect to the conduit network at no extra cost.

2

### STEP 2

Prior to construction, our contractors will contact you to review your property details such as underground utilities, irrigation systems and invisible fences.

3

### STEP 3

Construction will begin using minimally invasive technologies such as micro-trenching. We will be in and out in just a couple of hours.

4

### STEP 4

Once construction is complete, the City will immediately work to restore your property.

To learn more, visit [wiredwdm.org](http://wiredwdm.org).



# Eye On West Des Moines Photo Contest

The City of West Des Moines is partnering with WDM Magazine to sponsor the Eye on West Des Moines Photo Contest. Submissions for the 2021 contest are accepted anytime through Friday, June 4, at 4:00 p.m. Entries must be electronically submitted to [parkrec@wdm.iowa.gov](mailto:parkrec@wdm.iowa.gov).

- Grand Prize/Overall Winner: **\$100** and featured on the cover of a future edition of WDM Magazine.
- Category Winners: **\$50**

All submissions must be received by **June 4, 2021, at 4:00 p.m.**

Photographs must be entered in one of four categories that represent life in the City of West Des Moines:

- Living – Activities/Events
- Living – Plants
- Seasons in WDM
- Living – Wildlife



**For more information, please contact Mark Brewick at 222-3441 or [Mark.Brewick@wdm.iowa.gov](mailto:Mark.Brewick@wdm.iowa.gov)**

## We have moved!



## HAVE YOU HEARD?!

**Public Services is operating out of the new Public Services West facility, located at 8850 Grand Avenue. Hours of operations remain 7:30 AM – 4:00 PM.**

Please visit us at our new location for any of the following services:

- **Yard Waste Carts and Stickers:** Yard waste carts and the 2021 yard waste stickers will be available beginning in March.

\* Note – Residents who have previously participated in the Compost It! Cart program can renew their service and order a renewal sticker online at [whereitshouldgo.com](http://whereitshouldgo.com) and search for yard waste cart renewal.

- **Street/Lane Closure Notices:** Any contractor requiring a street/lane closure notice can access the form online at [www.wdm.iowa.gov](http://www.wdm.iowa.gov) and search for street lane closure notice and submit via email to [pspermits@wdm.iowa.gov](mailto:pspermits@wdm.iowa.gov). This form can also be filled out in person at the Public Services West facility.
- **Adopt-A-Street Supplies:** Once you've received confirmation for your scheduled cleanup, the Adopt-A-Street supplies can be picked up at the Public Services West facility.

# NATIONAL PUBLIC WORKS WEEK CELEBRATION

**May 20, 2021\* | 4PM – 7PM  
North End of the Valley Junction  
Farmer's Market  
300 Block of 5th Street**

Although the National Public Works Week Celebration was cancelled in 2020, our hope is that the 2021 event will go on as scheduled!

Come join us for a celebration of the Public Works/Services men and women in North America who provide and maintain the infrastructure and services of our communities.

This event is not just a FREE, FUN, FAMILY EVENT - it's an opportunity to learn.

Come for the fun, and ask questions about emerald ash borer, solid waste collection, plowing snow, repairing streets, Community Compliance, horticulture, park maintenance, inspecting sewers . . . anything Public Services related!



**\* Check the City website for any cancellations or scheduling changes for this event as it gets closer.**

## Yard Waste Season Starts April 5th

**YARD WASTE SEASON**  
starting April 5th



It's that time again! Get rid of brush, sticks, twigs, flowers, grass clippings, garden vegetation and leaves through the Compost It! program. We're back for the season starting April 5th, just be sure you use the branded Compost It! bags or stickers, and have it out by 6 AM on your garbage collection day. This also applies to those enrolled in the premium cart service.

Learn more at [www.whereitshouldgo.com/yardwaste](http://www.whereitshouldgo.com/yardwaste).

# 2021 Scrap Appliance & Metal Drop-Off

**SPRING: Saturday, June 5 | FALL: Saturday, Sept. 11**

**8:00 AM to 12:00 Noon**

The 2021 scrap appliance and metal drop-off event will occur the Saturday BEFORE Spring Cleanup! If you have scrap appliances and metal to dispose of that are NOT accepted during the Spring Cleanup event, bring them to the Public Services East facility located at 560 S. 16th Street, on Saturday, June 5 and September 11, 2021 from 8:00 AM until Noon.

These items will be accepted – **FREE**

Air Conditioners (all sizes)	Dishwashers	Ice Makers	Saws
Batteries (all kinds)	Dryers	Metal - Most anything	Speakers
Blenders/Mixers/Toasters	DVD Players	Metal Shelving	Stereo systems
Calculators	Exercise Equipment	Microwaves	Stoves
Cameras, Camcorders	Fans	Motors (no gas)	Vacuums
Cell Phones	Fax Machines	Mowers – Riding, Walk Behind (no gas)	VCRs
Chillers	Freezers (no food)	Phones	Video Game Systems
Computer Towers, Servers	Furnaces	Pots, Pans, Electric Skillets	Washers
Condenser Units	Garage Doors & Openers	Printers	Water Coolers
Copiers	General Scrap Metal	Refrigeration Units	Water Heaters
Dehumidifiers	Humidifiers	Rooftop AC Units	Water Softeners (no salt)

These items will **NOT** be accepted –

Anything with food in it	Garbage	Paint	Wood
Chemicals	Light Bulbs	Plastics	

## Televisions and Monitors are accepted AT A COST for each TV or Monitor:

Payment may be made on site, cash or check only. Checks made payable to K3 Recycling.

- Up to 20" \$20 each
- 20" – 30" \$30 each
- Over 30" \$40 each

**TVs and monitors are accepted during Spring Cleanup at no cost (June 7 – 11, 2021), on normal collection days.**

*No paper shredding service will be provided by the City due to the variety of privately sponsored paper shredding events in our area throughout the year.*

**Note: Residents participating in City-provided solid waste collection may dispose of TVs and monitors of any type by putting them at the curb by 6AM on their normal collection day with the appropriate \$5 sticker(s). For more information on curbside pickup, visit Metro Waste Authority's website at [WhereItShouldGo.com](http://WhereItShouldGo.com) or call them at 515-244-0021. The TVs/monitors will be landfilled vs. recycled.**

K3 Recycling is partnering with the City of West Des Moines in this collection event. If you have any questions, please call the Public Services Department at 222-3480.

Clip & Save!

## 2021 Solid Waste EVENTS FOR WEST DES MOINES RESIDENTS

*No paper shredding service will be provided by the City due to the variety of privately sponsored paper shredding events in our area throughout the year.*

Yard Waste and Annual Spring Cleanup events are available to all West Des Moines residents who are eligible for solid waste collection.



**April 5**

### Yard Waste Pick-Up

Begins on normal trash collection day

**April 10**

### Scrap Tire Drop-Off

- 7:30 AM – 4 PM
- Public Services East Site: 560 S. 16th Street

**May 20**

### Nat'l Public Works Week Celebration

- 4 – 7 PM
- Valley Junction

**June 7 – 11**

### Spring Cleanup

On your normal trash pick-up day.

No appliances.

**June 5**

### Scrap Appliance, Metal Drop-Off

- 8 AM – Noon
- Public Services East Site: 560 S. 16th Street

**Sept. 11**

### Scrap Appliance, Metal Drop-Off

- 8 AM – Noon
- Public Services East Site: 560 S. 16th Street

**Nov. 27**

### Yard Waste Pick-Up Ends

**Dec. 27 – Jan. 7**

### Winter Yard Waste & Christmas Tree Collection

Household Hazardous Waste Disposal Options: Visit [WhereItShouldGo.com](http://WhereItShouldGo.com)

For more information, visit [www.wdm.iowa.gov](http://www.wdm.iowa.gov) or call WDM Public Services at 222-3480



# Your Lawn & Garden Slam Dunk



It's almost time for March Madness and we're not talking just basketball! The first day of spring is March 20th, and we've got the playbook to score you extra points with your lawn and garden this spring.

You'll want to take notes on this bracket buster...

## The Player to Watch

The player to watch this season (and every season), is Grow Gold Compost, the most versatile in the game. Whether it's establishing new grass, maintaining your current lawn, or taking your flower and vegetable gardens to the next level, this is the player you'll want leading the charge. Since Grow Gold Compost is made of materials rich in nitrogen and carbon, it's an all-natural soil enhancement that will add nutrients to your projects and help them retain water. If this player isn't in your starting line-up, you should start recruiting!

## Top Stats

### #1) Establishing a New Lawn

Grow Gold is impeccable at establishing new play opportunities for your lawn. Before seeding, simply mix one to two inches of compost with the top three to five inches of soil per week. Once seeded, apply half an inch of the mixture to the surface of the area per week.

### #2) Maintaining Your Current Lawn

When it comes to consistency, this is where Grow Gold Compost shines. If your lawn is just looking to stay on top this year, make sure to maintain it with the proper care. Top it with a quarter inch of compost after aerating, once or twice per year.

### #3) Assists Flower + Vegetable Gardens

Not only does Grow Gold Compost shine on its own, it's also a huge team player. Leading the team in assists, Grow Gold makes sure teammates are taking their game to new heights. A few weeks prior to planting, apply a mixture of one to two inches of compost and three to five inches of soil to your garden.

### Get Grow Gold Compost On Your Team

There are three ways you can get your hands on Grow Gold Compost: bulk, bag or through a retailer.

For more points on Grow Gold Compost, visit [www.WhereItShouldGo.com/GrowGold](http://www.WhereItShouldGo.com/GrowGold)



## 2nd Saturdays in Grimes are back March 13th

*Over the river and through the woods to Metro Northwest Transfer Station we go!* Metro Northwest Transfer Station is a Metro Waste Authority facility that acts as a hub for many disposal needs for the west side of the Metro. Venture over to Grimes to partake in any of the following programs or services that are offered at that facility:



### Purchase Grow Gold Compost

You don't have to find a retailer or drive out to Mitchellville to get your hands on Grow Gold Compost anymore. Purchase compost by the bag at this facility. One bag holds approximately 2 cubic feet and only costs \$4/bag. Bags and shovels are provided for customers to self-load bags. Cash and checks are accepted at the compost station, and cards are accepted when an attendant is on-site.

### Get Rid of Extra Trash & Large Items

Load up bags of garbage, or large items that don't fit in your car, to dispose of in Grimes. Depending on the vehicle, fees are as follows:

• Car	\$10
• Van/SUV	\$15
• Truck	\$20
• Trailer	\$30

Keep in mind, we are unable to accept appliances, construction and demolition waste, tires or yard waste at this facility.

### Drop-Off Recyclables

This facility has a variety of recycling drop-offs, including glass only, cardboard only, and mixed recycling. These drop-offs are free for all residents.



### Drop-Off Household Hazardous Waste

Skip the drive to Bondurant and put the second Saturday of every month on your calendar (March-December) to drop-off your household hazardous waste. You can also drop-off household hazardous waste by appointment on Tuesday - Thursday, from 9 AM - 11 AM, year-round.



Note: this facility doesn't accept electronic waste, appliances or tires. There is also no pouring off of containers.

Metro Northwest Transfer is open every second Saturday of the month (March - November), from 8 AM - Noon. Learn more by visiting [www.WhereItShouldGo.com/MNTS](http://www.WhereItShouldGo.com/MNTS) or call 515.244.0021.





# Spring Cleaning and Fire Safety



Many of us think of fire safety during the fall and winter months, which makes sense given all the indoor and outdoor fires, space heaters, deep-fried turkeys and holiday lights that tend to show up when it's cold. But now that it's warming up, there are plenty of ways to incorporate fire safety into your spring-cleaning routine.

## Dryers

The leading cause of clothes dryer fires is failure to clean them. Most of us clean the lint filter before or after each load of laundry, but do you clean the lint out of the vent pipe? Once a year, have your dryer serviced by a professional. Do not overload your dryer. Keep the area around your dryer clear of things that can burn, like cardboard, cleaning supplies, clothing, etc.

## Electrical Cords

While you're making piles of things to toss or donate, make sure to organize your electrical cords and power strips. Replace any electrical cords that are cracked, frayed, have loose or bare wires and bent prongs. Do not run cords through walls, doorways, windows or under carpets. If cords are covered, heat cannot escape, which may result in a fire hazard.



## Grills

Before you even turn on the grill, make sure it is properly cleaned. Remove grease or fat buildup from the grills and trays below the grill. Failure to clean grills is

the leading cause of grill fires. Check the propane tank, hose and all connection points to make sure there are no leaks. If you smell gas once the grill is turned on, turn off the tank and burners immediately. If you are using a charcoal grill, use charcoal starter fluid and not any other

flammable liquid. When you are finished grilling, let the coals completely cool before disposing in a metal container. In West Des Moines, no barbeque grills or other devices which produce ashes or embers shall be operated or stored within 20 feet of multi-story buildings, such as apartment buildings and/or condominiums.

## Stored Fluids

Make sure cleaning supplies and items like gasoline are stored in a cool, dry place, out of reach from children and pets. Keep liquids in their original containers. Keep them tightly capped or sealed. Store gasoline only in a container that is sold for that purpose. Flammable and combustible liquids should never be used near an open flame.

## Smoke Alarms

Most importantly, check your smoke alarms. Just because they are there, doesn't mean they are working. You should test all smoke alarms at least



once a month by pressing the test button. Change the battery once a year. Replace all smoke alarms when they are 10 years old. A functioning smoke alarm in your home can cut your risk of dying in a house fire by almost 50 percent.

## Escape Plan

While you're at it, go ahead and make spring the time of year when you and your family or roommates review your home escape plan. Make sure everyone knows what to do and where to go in case of a fire. Practice a home fire drill at night and during the day with everyone in your home.

Remember, fire prevention happens all year long. Most home fires are preventable.

# 2021 Sidewalk Program

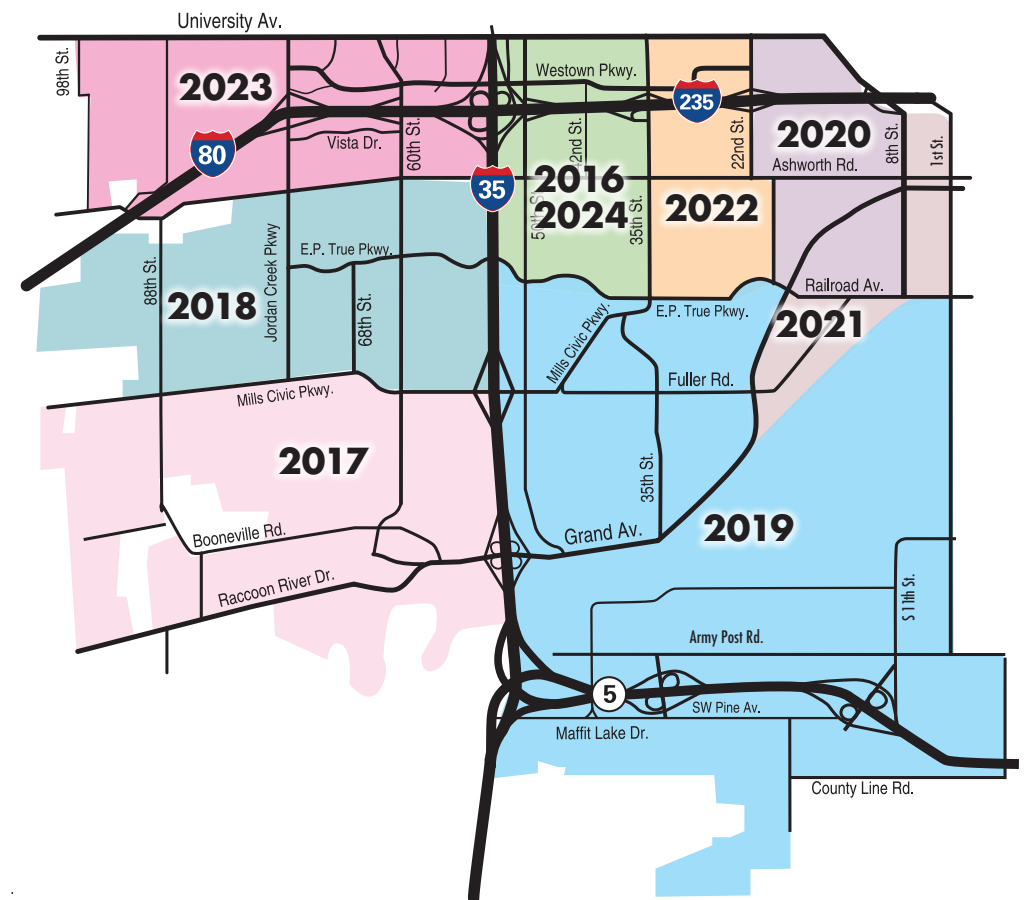
The City of West Des Moines offers an excellent transportation system for vehicles, bicycles and pedestrians.

Our annual sidewalk program is an important means of reviewing the condition of existing sidewalks throughout the City on a rotating basis every eight years. This map indicates the areas and schedule for sidewalk inspections.

Notices of defective sidewalks are sent to the owner of record according to the County Assessor's office or, if a townhome or condominium complex, the Registered Agent according to the Secretary of

State's office. The property's responsible party has the option to repair individual sidewalk defects on their own, or they may elect to have their sidewalks included in the City-wide repair project. If repairs are not made within the period of time specified (generally 75 days), the City will proceed with the repairs and bill the property owner or responsible party.

This sidewalk program helps protect pedestrians who use the sidewalks and property owners from liability issues. More information is available on the City's website.



# WDM PUBLIC ARTS

## Artist Donates Sculpture to City's Public Art Collection

Gail Chavenelle, an artist from Dubuque, Iowa, has donated her artwork, *American Dreamer*, from the 2020 Art on the Campus exhibit to the City. Chavenelle is retiring from creating public art and made the donation to West Des Moines in thanks to the community for choosing to show her artwork.

"In this time of political division, immigration, ethnic or religious intolerance, *American Dreamer* reminds us of what is best and possible in our nation. We, as the sculptural figure, can reach out, capture our dreams, and hold stars of success aloft in our hands."  
– Gail Chavenelle



## WDM Public Art 10 Year Celebration

**Saturday, July 31**  
**at the Jamie Hurd Amphitheater**

Mark your calendars to join the Public Arts Advisory Commission as they celebrate their 10th anniversary. There will be all kinds of art for you to enjoy throughout the day. Also, the soon-to-be Amphitheater Public Art Project will be "unveiled" in the evening, followed by a free, family-friendly concert. Look for more details to come!



## 9th Annual ART ON THE CAMPUS Temporary Exhibit

Make sure to take a stroll around the WDM Civic Campus Pond to view the 2021 selected artworks in the Art on the Campus exhibit. The exhibit begins on April 15 and ends on November 15. Twelve art pieces were selected for this year's exhibit. You can learn more about the exhibit and the selected pieces at [www.wdm.iowa.gov/AOC](http://www.wdm.iowa.gov/AOC).

**If you are interested in serving on the West Des Moines Public Arts Advisory Commission, please contact the West Des Moines City Clerk at 515-222-3603 to request an application.**

## HOW IS PUBLIC ART FUNDED?

Annual funding for public art in West Des Moines comes from hotel-motel tax revenue dedicated by the City Council for that purpose.



## BECOME A WDMHS MEMBER TODAY

THE WEST DES MOINES HISTORICAL SOCIETY IS A PRIVATELY FUNDED NONPROFIT INSTITUTION THAT RELIES ON THE GENEROSITY OF ITS FRIENDS AND SUPPORTERS. HELP US PRESERVE THE LEGACY OF WEST DES MOINES HISTORY THROUGH MEMBERSHIP.

515.225.1286   [wdmhs.org](http://wdmhs.org)

## Guided Public Tours of the Historic Jordan House Museum

Jordan House Museum tours require a pre-purchased ticket. Tickets can be purchased at [wdmhs.org](http://wdmhs.org).

All visitors and tour guides at the Jordan House Museum are required to wear masks during the tour. If you do not have a mask, one will be provided for you.

Days: Fridays & Sundays    Fees: Ages 5+    \$5  
Times: 11 am & 1 pm    Ages 5 & under    Free



## Green Thumbs Up!

The West Des Moines Historical Society is asking for gardeners to help keep the Jordan House and Bennett School grounds beautiful this year. The Jordan House Museum has a veggie garden that provides produce for the WDM Food Pantry, flower gardens and this year we're hoping to add a pollinator patch. The Bennett School has native plants that need minimal upkeep. If you've got a green thumb and can help, please call 225.1286.



## New! Videos for Educators

Thanks to funding from the State Historical Society of Iowa, Inc. and the talents of Conjunction Media, the West Des Moines Historical Society has 6 informative videos and supporting curriculum which can be utilized by educators, free of charge! These videos introduce concepts and history normally explored during tours of the Jordan

House Museum, including:

- The Underground Railroad in Iowa
- Iowa Women and the Underground Railroad
- One Room Schoolhouses
- Rule Maker vs. Rule Breaker
- The John Brown Freedom Trail
- Iowa in Times of War

These videos can be used as a stand-alone lesson, or combined with a live virtual tour of the Jordan House Museum. To receive a link to a video or to schedule your live virtual tour, please email [info@wdmhs.org](mailto:info@wdmhs.org) or call us at 225.1286.

## Book the Jordan House for Your Next Meeting

The Jordan House and Bennett School are available to rent. Rentals include a tour of the building for your group. Call us today at 225.1286 for more details and to schedule your event today!







## WDM SHADE CRUSADE 2021 Residential Tree Sale

Join the City in our crusade to increase West Des Moines' tree diversity and urban tree canopy! Native trees (valued at approximately \$60 to \$120 each) are being made available to residents of West Des Moines for only \$40 per tree. The remainder of the cost of the trees will be paid by the City. Due to City funding, all participants must be West Des Moines residents and must agree to plant the tree(s) on residential property within the City limits.

1. Go to [www.wdm.iowa.gov/ShadeCrusade](http://www.wdm.iowa.gov/ShadeCrusade) before April 24. The sooner you sign up, the better your chance of receiving your tree of choice.
2. Select your tree(s) and make payment (\$40 per tree) online.

*No warranty is provided. No refunds or replacements.*

### NEW THIS YEAR!

**Tree deliveries will be made to your residence the week of May 3-7.**

3. Contact Iowa One Call by dialing 811 or by going to <http://www.iowaonecall.com/homeowners> by April 30th to set up a time to schedule underground utility locates on your property.
4. Your tree will be delivered to you the week of May 3-7.
5. Plant your tree(s) right away, and water them often.

To learn more about the available tree species and **WDM Shade Crusade 2021**, go to [www.wdm.iowa.gov/ShadeCrusade](http://www.wdm.iowa.gov/ShadeCrusade)



## Supporting Quality of Life

[www.wdmcf.org](http://www.wdmcf.org)

### The West Des Moines Community

**Foundation (WDMCF)** was created in 2007 in order to make a positive impact in our community. To date, the Foundation has received and is managing over \$1 million from families, individuals, businesses, the City, and Polk and Dallas Counties for our various funds to support artistic, cultural, recreational, historic, social and natural resources.

### Grant Submissions Reviewed Quarterly

The Foundation serves as a catalyst for specific community projects and a champion for promoting quality of life within our city.

Non-profit organizations serving citizens in West Des Moines are eligible to submit a grant to the WDMCF. Grants are reviewed on a quarterly basis by the WDMCF Board of Directors, and awarded on a selective basis, according to established bylaws and policies.

### Donations (of any size) Always Welcome

Donations to the WDMCF are accepted through the Community Foundation of Greater Des Moines, which also administers and manages the five funds. No donation is too small.

### WDMCF funds:

- General Pass-through Fund
- Special Interest Fund: Arts & Culture
- Special Interest Fund: Recreation & Trails
- Endowment Fund – maximum of 5% of endowment funds are available on an annual basis
- Quality of Life Fund

Donating to the WDMCF is a wonderful way to give back to the community and will help to preserve and improve the quality of life in West Des Moines for generations to come.

### Questions:

Contact Robert Palmer, WDMCF Board Chair, at [contact@WDMCF.org](mailto:contact@WDMCF.org).

### WDMCF Board of Directors:

Mike Abbott  
Carole Chambers  
Tom Cox  
Wade Den Hartog  
John Marshall  
Matt McKinney  
Robert Palmer  
Brett Peterson  
Kathleen Till Stange  
Emily Whitmer

**Ex-Officio Members:**  
Jamie Letzring,  
Deputy City Manager

Sally Ortgies,  
Director of Parks & Recreation

## Emerald Ash Borer (EAB) Update

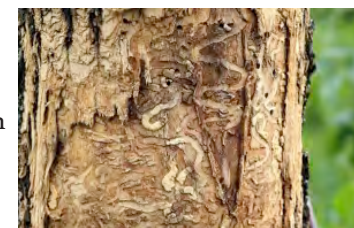


Unlike elms, oaks and maples, ash trees use a thin ring of tissue to supply water from the roots to the entire tree. Emerald ash borer larvae damage these water pipes, and this causes the tree to dry quickly and become prone to cracking. Internal breaks in the wood that bears the weight of the tree are often hidden by tree bark, and this means limbs can break and fall at any time. The longer an ash tree has been dead, the more unstable and unpredictable it becomes.

Sadly, this is the scenario about to play out in the metro, and it's similar to what has been occurring for 20 years in states to our east. An estimated 15 people have been killed in the U.S. from falling ash trees or ash tree limbs. City officials in West Des Moines are extremely concerned with the hazards dead ash trees pose, and with thousands of ash trees within the city limits, we know that EVERY tree not currently being treated will die. This makes the potential for tragic accidents in WDM very real.

City Code 7-10-7E2 (Dead, Diseased, or Insect Ridden Trees or Shrubs) addresses hazardous trees on private and public property by stating that their removal can be required.

Beginning in 2021, the City will require the removal of ash trees determined to have a high potential for failure. Trees of the greatest concern are those that may



impact streets, sidewalks, neighboring structures and utilities. The City recognizes tree removal is expensive and 2020 has been a challenge for many residents, but it would be irresponsible to disregard the threat these trees pose to the public.

### If you have an ash tree on your property, you may expect the following:

- If a dead or dying ash tree is identified and all or a portion of the tree is determined to pose a hazard to the public, public utilities or infrastructure, private infrastructure, or vegetation, per City Code 7-10-10 (Violation Notice & Assessment), a property owner will be notified by personal service or certified mail with return receipt required, and regular mail, requiring the remediation of identified hazard(s) within fourteen (14) calendar days of notification. If contractor availability is an issue, an extension may be granted.
- If the property owner fails to remediate the hazard(s) within the allotted time frame, the City will utilize its contracted vendor to remediate the identified hazard(s). The City will assess the property owner's taxes as reimbursement for the removal fees incurred by the City.

Questions? Contact John Olds at (515) 222-3417 or email at [john.olds@wdm.iowa.gov](mailto:john.olds@wdm.iowa.gov).

## WDM Police Department Lost & Found



The West Des Moines Police Department has an assortment of property that has been determined to be abandoned such as bicycles, clothing, electronics, tools, keys, money, firearms and other items. To claim this property, contact the Police at (515) 222-3361 from 8:00 a.m. — 4:30 p.m., Monday through Friday. Identification and proof of ownership is required.



## COMMUNITY COMPLIANCE CORNER

As we look forward to spring, we'll soon be able to put away those snow shovels and start up the lawn mowers. West Des Moines neighborhoods, and City Code requirements, are a reflection of the pride our residents take in our beautiful City. Our Community Compliance Specialists work with residents to help ensure that issues not in compliance with City Code are addressed.

Our Community Compliance Specialists will be looking at the following items to ensure a well-kept community.



**Weeds, grass, or vegetation** reaching the height of 10 inches or more.



**Junk in general** should be properly removed from the property and never placed on the right of way until the day prior to a scheduled pickup (with appropriate solid waste stickers).



**Inoperable/obsolete vehicles.** All vehicles must have current plates and be able to start and travel down the road. They must also be free of broken windows and have air in the tires. Vehicles may only be parked on a hard surface. Vehicles not meeting all these requirements must be placed in a garage or hauled away.



**Trees and shrubs must have vertical clearance of:**

- eight feet (8') between the surface of a sidewalk, trail or other pedestrian way and the lowest branch, and
- fourteen feet (14') from the surface of a street to the lowest branch.

If you have a code compliance concern, please contact 222-3480 during the hours of 7:30 a.m. to 4:00 p.m., Monday through Friday, or report it on the City's Online Service Desk.

# SCRAP TIRE DROPOFF

Saturday, April 10, 2021 | 7:30 AM – 4:00 PM

Let the City of West Des Moines, in partnership with Metro Waste Authority, help you dispose of old tires legally and free of charge. A Residential Scrap Tire Collection drop-off is being offered on Saturday, April 10, 2021, from 7:30 AM to 4:00 PM at the Public Services East facility located at 560 S. 16th Street.

### Here are the rules:

- Maximum of five (5) tires per household (no rims)
- No scrap tires generated by any business
- No large semi-trailer, farm or tractor tires
- No solid tires such as lawnmower, forklift or golf car tires
- No tires containing hazardous materials



The tire collection is open to West Des Moines residents only. If you have any questions, please call Metro Waste Authority at 244-0021 or Public Services at 222-3480.

If you're not able to make this free event for disposing of tires, you do have options!

Metro Waste Authority has year-round drop-off containers at several locations. Visit **WhereItShouldGo.com** or call them at 515-244-0021.

*Illegal dumping and stockpiling of used tires can create serious health and safety risks. In Iowa, it is illegal to dump tires, and non-shredded tires are banned from landfills.*

## DON'T FRET, DROP IT OFF!

Just because your recycling cart is full doesn't mean you have to recycle less. Metro Waste Authority has a variety of free recycling drop-offs conveniently located throughout the metro, including glass only, cardboard only, and mixed recycling. Currently, West Des Moines has cardboard only drop-off located at 635 S. 35th St. (Valley Southwoods School). Residents are also welcome to use any of the other drop-off sites. To view a full list, visit **WhereItShouldGo.com/recyclingdropoff**.







# 2021 SPRING CLEANUP June 7-11

Occurs for West Des Moines residents  
on their regular garbage pick-up day

## Rid your home of items that do not fit in your garbage cart!

### Simple Spring Cleanup Rules

#### Garbage Limit:

You can set out as much as will fit in the bed of one pickup truck.

#### Weight limit:

If it's reasonable that two people could lift the item, then it's accepted.

#### What items ARE accepted?

Household items that don't fit in your cart, such as:

- **Carpet**  
(up to 4 ft. length x 18" dia.)
- **Couches and End Tables**
- **Fans and Lamps**
- **Grills**  
(with propane tank removed)
- **Mattresses**
- **TVs / Monitors**

*Please see next page for a  
listing of items that are NOT  
accepted during Spring Cleanup*



Spring Cleanup is available to all West Des Moines residents who are eligible for City provided solid waste collection. Appliances are not accepted.

If you're unsure whether an item is accepted, call Metro Waste Authority's solid waste hauler, Waste Connections, at (515) 265-7374 and ask!

**Make sure your items  
are to the curb for pickup  
on your normal garbage  
collection day during the  
week of June 7-11, 2021.**

**Items should be placed at  
the curb no earlier than  
5:00 p.m. the day before  
pickup and by 6 a.m. the  
day of pickup.**

**Although it's tempting  
to put items out earlier,  
doing so could result in a  
violation, and you may  
find yourself cleaning up  
after people who help  
themselves to your items.**

## These items will NOT be accepted:

### Animal Carcasses

### Appliances

- Air Conditioners
- Dehumidifiers
- Dishwashers
- Dryers
- Freezers
- Furnaces
- Microwaves
- Refrigerators
- Stoves
- Washers
- Water Heaters

**Asphalt shingles** over 40 lbs.

in total weight

### Bagged or boxed items

(These may be put in your garbage cart year-round or with a \$1.00 Extra Trash sticker.)

### Banned substances such as:

- Lead
- Acid
- Batteries
- Waste oil
- Explosive material
- Any other toxic or hazardous substance
- Medical waste
- Drugs
- Paint
- Poisons
- Highly combustible material

### Concrete chunks (ALL SIZES)

**Glass** – no windows, mirrors, doors

**Home improvement or**

**landscaping items**

**Propane tanks**

**Tires**

**Vehicles and/or major auto parts**

**Wooden playsets, fencing**

**Yard waste**

**Please Note:** If items are not hauled away by the spring cleanup crew because they are unacceptable (i.e. appliances, tires, or if they are not at the curb by 6:00 a.m. the day of pickup), it is the resident's responsibility to properly dispose of these items using normal solid waste guidelines. This also applies to unfortunate incidences of items being dropped off by others.

**Residents are responsible for all items on their property.**

## What to do with your:

### Appliances?

Bring them to the next  
Scrap Appliance & Metal  
Drop-Off event:

**Saturday, June 5th  
September 11th**

8AM – Noon  
Public Services East Facility  
560 S. 16th Street

### Televisions & Monitors?

You can always put them out on  
your garbage pickup day with  
extra/large item stickers

Under 35" – (1) \$5 sticker

35" and Over – (2) \$5 stickers

Call Waste Connections at  
265-7374 to arrange pickup.

### Tires?

Bring to the next Scrap Tire  
Drop-Off event

**Saturday,  
April 10, 2021**

Public Services East Facility  
560 S. 16th Street

### Other Items?

Go to: **WhereItShouldGo.com**  
and type most any item in the  
"search" for disposal options!



# WDM PUBLIC LIBRARY



**Mission Statement:** The WDM Public Library enriches the quality of life of community residents by providing convenient, timely and equal access to information and ideas. The library is committed to offering engaging activities, opportunities for personal and professional growth, promoting the love of reading and learning while remaining responsive to the changing needs of the community.

## Dear Library Users....

As we prepare our portion of the WDM Magazine in mid-December, the library is closed but offering curbside service, telephone reference, and virtual programming. Renovation continues. When we are able to open, COVID-19 safety protocols will be in effect (masks and social distancing). Please follow us on Facebook/Twitter and check our website for the latest information. Stay safe and be well.

— Darryl Eschete & The WDM Library Staff  
wdmlibrary.org

## Adult book discussions



Register online to receive a link to each meeting. [wdmlibrary.org/calendar](http://wdmlibrary.org/calendar)

### YA NOT CLUB READ ZOOM!

2nd Thu | 6:30-8 pm | Zoom

### BOOK CLUB/BOOK CLUB SOCIAL ZOOM EDITION

Tue | 7 pm | Future Mtgs TBD | Zoom

Sponsored by the WDM Library Friends Foundation



# EARLY LITERACY



"Early literacy is what children know about reading and writing before they actually learn to read and write. It is not the teaching of reading, but is laying the foundation for reading so that when children are taught to read, they are ready." – from *Early Literacy Storytimes @ Your Library* by Sarah Nadkarni Ghoting and Pamela Maritn-Diaz

## Why is Early Literacy important?

Acquiring early literacy (pre-literacy) skills before school leads to reading achievement and academic success. Children who enter school with well-developed early literacy skills are ready to learn to read.

## What are the Six Early Literacy Skills?

1. Letter Knowledge – knowing the names and sounds of letters; recognizing that the same letter can look different (upper vs. lower case, different fonts)
2. Narrative Skills – being able to describe events and tell stories
3. Phonological Awareness – the ability to hear and play with the smaller sounds that make up words
4. Print Awareness – noticing print; the ability to handle a book; understanding how to follow the words on a page
5. Print Motivation – showing interest and enjoying books
6. Vocabulary – knowing the names of things

## What can YOU do to help your child?

- Allow your child time to talk while you listen attentively
- Encourage your child to handle books and "tell" you the story
- Provide an atmosphere that is fun and language rich
- Read often and make reading time an enjoyable time
- Read, sing, talk, and play with your child
- Write and color with your child to develop fine motor skills

## How can the WDM LIBRARY help?

- Ask a librarian for suggestions
- Use our recommended reading lists to find materials your child may enjoy
- Check out library materials to use at home
- Attend age appropriate library programs presented by our staff trained in early literacy and child development

## VALLEY JUNCTION KIOSK

Check out the library's new self-service vending kiosk located behind the Valley Junction Activity Center (4th Street). Patrons with a valid WDM Library card may choose from 235 items and return WDM library materials 24/7. The kiosk's purchase is possible with another generous gift from The WDM Library Friends Foundation.





# WDM Library *services*

All services are **free** unless otherwise indicated.

**Call 515.222.3400**

## LIBRARY HOURS

Due to the COVID-19 pandemic, please call or check our website for hours.

515.222.3400 ■ [wdmlibrary.org](http://wdmlibrary.org)

## GET A LIBRARY CARD... IT'S FREE!

Present valid ID with proof of current address. Residents of WDM, DSM, Ankeny, Clive, Urbandale, and Windsor Heights may apply. Cards are valid for three years.

## WDMLIBRARY.ORG

Access the library 24/7 from the comfort of home.

### • CHECK YOUR ACCOUNT BY PHONE OR ONLINE

515.225.1576  
■ [wdmlibrary.org/my-account](http://wdmlibrary.org/my-account)

### • RENEW ITEMS BY PHONE OR ONLINE

515.225.1576  
■ [wdmlibrary.org/my-account](http://wdmlibrary.org/my-account)

### • REQUEST ITEMS BY PHONE OR ONLINE

515.222.3400 ■ [wdmlibrary.org/requests](http://wdmlibrary.org/requests)

### • GET MOBILE ACCESS TO YOUR ACCOUNT AND OUR WEBSITE

515.222.3403 ■ [wdmlibrary.org/app](http://wdmlibrary.org/app)

### • FIND REFERENCE TOOLS AND DATABASES

In the library and/or from home.  
515.222.3403 ■ [wdmlibrary.org/databases](http://wdmlibrary.org/databases)

### • ACCESS E-BOOKS, AUDIOBOOKS, VIDEO & MORE

515.222.3403 ■ [wdmlibrary.org](http://wdmlibrary.org)

### • RESERVE PUBLIC MEETING & STUDY ROOMS

Call for guidelines/reservation details.  
515.222.3400 ■ [wdmlibrary.org](http://wdmlibrary.org)

### • REQUEST HOMEBOUND DELIVERY

515.222.3400 ■ [wdmlibrary.org](http://wdmlibrary.org)

### • BORROW FROM OUR BOOK CLUB COLLECTION

515.222.3585 children's ■ 515.222.3410 adults ■ [wdmlibrary.org](http://wdmlibrary.org)

### • REGISTER FOR EVENTS

515.222.3400 ■ [wdmlibrary.org/calendar](http://wdmlibrary.org/calendar)

### • MAKE A DONATION

515.222.3407 ■ [wdmlibrary.org/support-the-library/friends-foundation](http://wdmlibrary.org/support-the-library/friends-foundation)

### • FIND BARGAINS IN THE FRIENDS BOOK SALE AREA

### • VOLUNTEER

515.222.3400 ■ [wdmlibrary.org](http://wdmlibrary.org)

### • TECHNOLOGY & EQUIPMENT

For use in the library and/or checkout.  
515.222.3400 ■ [wdmlibrary.org](http://wdmlibrary.org)

### • READ LIBRARY BLOGS

Latest program updates, book lists, staff picks, reading/literacy tips, and more.

### • YOUTH SERVICES

Babies through Young Adult (YA).  
515.222.3403 ■ [wdmlibrary.org/calendar](http://wdmlibrary.org/calendar)

### • WALK THE WDM LIBRARY TALETRAIL

### • RENEW YOUR IOWA DRIVER'S LICENSE

[wdmlibrary.org/using-the-library/iowadot-drivers-license-renewal-kiosk](http://wdmlibrary.org/using-the-library/iowadot-drivers-license-renewal-kiosk)

### • LINK TO US ON SOCIAL MEDIA

515.222.3403 ■ [wdmlibrary.org](http://wdmlibrary.org)



Visit us on the web at [www.wdmlibrary.org](http://www.wdmlibrary.org)

SPRING/SUMMER 2021 • WDM MAGAZINE 29



## ONE PASS, MANY ADVENTURES

WDM residents with a WDM card in good standing may check out passes to four local attractions: The Blank Park Zoo, Greater Des Moines Botanical Gardens, Reiman Gardens, and Science Center of Iowa.  
[wdmlibrary.org/advpass](http://wdmlibrary.org/advpass)



A "HotSpot" device provides password-protected wi-fi access in places where it might not be available, like road trips, campgrounds, and more. Available to WDM residents, ages 18 & up, with WDM Library cards in good standing. Users are financially responsible for lost or damaged HotSpots. **515.222.3403**



Try our digital download and streaming services, available to WDM residents with a valid WDM

## LIBRARY CARD!

Kanopy provides instant access to thousands of movies, documentaries, and children's favorites. Stream on your desktop, mobile, and tablet apps for iPhone and Android, as well as SmartTV apps. You get 10 credits per month and many titles (especially kids' content) are credit-free to stream as often as you like. **[help.kanopy.com](http://help.kanopy.com)**

Hoopla offers access to eBooks, Audiobooks, Comics, Movies, TV, and Music. Check out up to 10 items per month. Visit their website or download their mobile app. Create a free login using your WDM Library card number and start downloading! Use the Hoopla "Help" function for immediate assistance OR email WDM library staff. **[hoopladigital.com](mailto:hoopladigital.com) | [library@wdm.iowa.gov](mailto:library@wdm.iowa.gov)**

## SUPPORT PROGRAMS AND SERVICES WHEN YOU JOIN THE FRIENDS!

Our community library is fortunate to have the support of the Friends Foundation – a volunteer-based, non-profit organization. Each year, the Friends contribute \$12,000 to library programming for all ages.

Did You Know? During the last fiscal year, the library offered 573 youth programs with more than 39,000 attendees. Memberships provide incentives to the 2500 youth participating in Summer Reading Club – SRC encourages readers to keep learning over the break!

### Friends Memberships also funded these special projects:

- Rotating Outreach Collection • Outreach Van • TaleTrail • Charging Stations • BookPage • iPads • Artwork • Valley Junction Kiosk • and More!

### ★ YOUR DONATION IS TAX DEDUCTIBLE! ★

Like the Friends on Facebook @ WDMLibraryFriend

**WDM Library Friends Foundation**  
4000 Mills Civic Pkwy, WDM, IA 50265.  
515.222.3407  
[wdmlibrary.org/support-the-library](http://wdmlibrary.org/support-the-library)

# WDM Human Services

"The ♥ of the Community"

WDM Human Services provides necessary assistance to qualifying low-income, elderly and disabled individuals in our service area. Basic needs such as food, clothing, and emergency financial assistance are a few of the critical services provided. To learn more, visit our website or call 515-222-3660.

Please visit our website at [www.wdm.iowa.gov](http://www.wdm.iowa.gov) for changes in hours or services related to COVID-19, or call 515-222-3660.

## EMERGENCY FINANCIAL ASSISTANCE

Financial assistance available to eligible West Des Moines residents who are facing an eviction or utility disconnection. Outreach staff assess the situation and work to ensure the needs of the household are being met.

## DMARC FOOD PANTRY

Food and personals available on a monthly basis. Free bread and assorted food items available weekdays at 8:30 a.m.

## CLOTHING CLOSET

Free clothing, shoes and housewares for qualifying households.

## ENERGY ASSISTANCE

LIHEAP (Low-Income Home Energy Assistance Program) provides a one-time annual credit on energy bills for eligible households. Program runs from October through April.

## HANDYMAN SERVICES

Mowing and snow removal available to income-eligible WDM senior and disabled residents.

## FREE MEDICAL CLINIC

Basic medical care and management of chronic medical conditions to uninsured or under-insured individuals; all on-site services provided free of charge. The clinic is a member of Free Clinics of Iowa, the largest network of free medical clinics in the state of Iowa and a donor-supported, not-for-profit organization.

## HOLIDAY ASSISTANCE

Variety of programs available to WDM residents to help alleviate the financial burden of the holiday season for qualifying households.

## SKILL DEVELOPMENT CLASSES

English Language Learner (ELL) classes and High School Equivalency (HSET, formerly GED) classes offered from September through May.

## YOUTH RECREATION ASSISTANCE & DISCOUNTED POOL PASSES

Financial assistance to WDM youth and families participating in activities offered through WDM Parks & Rec.

Please visit our website for a full listing of available programs as well as income and service area guidelines for each program:  
[www.wdm.iowa.gov/HumanServices](http://www.wdm.iowa.gov/HumanServices)

**Partner with WDM Human Services to help our neighbors in need!**

## WDM Human Services Current Needs

### Personal Pantry

Each month WDM Human Services assists approximately 375 low-income households with personal care products. We need your help to meet the needs in our community. The following items are needed on an on-going basis:

- Laundry detergent
- Shampoo and Conditioner
- Deodorant
- Feminine hygiene products
- Toilet Paper
- Toothbrushes and toothpaste
- Diapers (esp. larger sizes)
- Soap

### Clothing Closet

Our Clothing Closet distributes new and gently-used clothing and shoes for all ages, free of charge. Additionally, we offer towels, sheets, blankets, toys and small household items. Donations are accepted at 139 6th Street in West Des Moines. Donation receipts available. Please visit [www.wdm.iowa.gov/HumanServices](http://www.wdm.iowa.gov/HumanServices) for more information.

## Volunteer Today!

Volunteers are needed in the Clothing Closet, Food Pantry and for ELL classes at West Des Moines Human Services. Opportunities are available Monday through Friday between 8:30 a.m. and 3:00 p.m. Convenient location in Valley Junction neighborhood. Must be 14 years or older. To learn more, please contact Mindy Hotovec at 222-3663 or visit [www.wdm.iowa.gov/HumanServices](http://www.wdm.iowa.gov/HumanServices).

## Language Translation Line

The City of West Des Moines has initiated a contract with Voiance to provide language translation services. This language line, accessed by telephone, will help us to understand the needs of those who do not speak English. If you are one of those individuals, please be prepared to tell us what language you are speaking so that we can connect with that particular language and be able to help you. This will involve a three-way phone call that will be initiated by City staff. Since this article is in English, please share this information with others who may benefit from this new translation service!





SPRING | SUMMER 2021

# WDM Parks & Recreation PROGRAM GUIDE

## Registration Dates








Residents: March 2

Non-residents: March 16



We provide our community everyday enjoyment  
through people, parks, and programs.

## CONTENTS

Pg. 2	Policies	 Pg. 25-37	Youth Programs
Pg. 3-7	General Information	 Pg. 38-45	Adult Programs
 Pg. 8-10	Aquatics	 Pg. 46	Senior Programs
 Pg. 11-14	RecPlex Programs	Pg. 47	Registration Form
 Pg. 15-24	Family Programs	 Pg. 48	Adapted Recreation

## RECREATION POLICIES

Please call the Administrative Office at 515.222.3444, M-F, 8am-5pm to request a refund.

1. Full refunds will be given if the request is submitted no later than 7 days prior to the program start date.
2. Refund requests submitted less than 7 days before the start date will be charged a \$10 withdrawal fee.
3. Requests for refunds submitted after the event start date or completion of the program will not be considered.
4. Please allow 2-3 weeks to process a check refund for payments originally made by cash or check. No cash refunds will be given.
5. Payments made by credit/debit card will be refunded back to the original credit/debit card.
6. The Recreation Program Refund Policy does not apply to travel programs or adult sport leagues.
7. Refunds for medical situations will be considered on a case by case basis.

We reserve the right to cancel a program or activity that does not meet the minimum number of participants necessary to offer the program.

Fee discounts are available for WDM residents meeting assistance guidelines. Contact WDM Human Services at 515.222.3660.

The Parks & Recreation Department will not tolerate bullying\* in any program or activity, and staff will do all they reasonably can to create a safe space for participants, regardless of an individual's actual or perceived age, color, creed/denomination, national origin, race, religion, marital status, sex, sexual orientation, gender identity, physical attributes/appearance, physical or mental ability or disability, ancestry, political belief, socioeconomic status, or familial status.

\* For the purposes of this statement, bullying is defined as the unwanted, aggressive use of physical, social or mental/intellectual power to control, harm or humiliate another person in a repetitive or pervasive manner.

A fee of \$5 will be charged for each registration change made after participants are enrolled in the program.

It is the responsibility of the individual with a disability requiring accommodations to inform the Parks and Recreation Department at least 48 hours in advance.

All events and programs in this Program Guide are anticipated to take place as listed. However, state or federal COVID-19 restrictions may require program changes or cancellations. Registrants will be notified if changes or cancellations occur. Full refunds will be given for cancellations due to COVID-19 restrictions.

## FACILITIES

Administrative Office at WDM City Hall	4200 Mills Civic Parkway	515.222.3444
Crossroads Park Tennis Courts*	5205 Ashworth Road	515.222.3444
Holiday Aquatic Center*	1701 Railroad Avenue	515.273.0700
Holiday Park Baseball Complex*	1701 Railroad Avenue	515.222.3454
Jamie Hurd Amphitheater*	4100 Mills Civic Parkway	515.222.3444
Jordan Cemetery	2950 Fuller Road	515.222.3444
MidAmerican Energy Company RecPlex*	6500 Grand Avenue	515.440.4820
Raccoon River Park Archery Facility	2500 Grand Avenue	515.222.3424
Raccoon River Park Boathouse	2500 Grand Avenue	515.440.4787
Raccoon River Park Dog Park	2500 Grand Avenue	515.222.3424
Raccoon River Park Nature Lodge*	2500 Grand Avenue	515.222.3424
Raccoon River Park Softball Complex*	2500 Grand Avenue	515.222.3454
Valley Junction Activity Center*	217 5th Street	515.222.3440
Valley View Aquatic Center*	255 81st Street	515.273.0700
Valley View Park Fields*	225 88th Street	515.222.3444

\*Rentable Facility

## RENTABLE SHELTERS

Reservations Begin	Shelter Rental Season	Rental Rate
January 1	Apr. 15 - Oct. 15	4 Hr Min @\$10/Hr

American Legion Park Shelter	301 Vine Street
Brookview Park Shelter	400 81st Street
Crossroads Park Shelter	5205 Ashworth Road
Fairmeadows Park Shelter	543 22nd Street
Pearson Park Shelter	1256 19th Street
Raccoon River Park Shelters	2500 Grand Avenue
Valley View Park Shelter	225 88th Street

Call 515.222.3444 to Reserve Shelters or  
Reserve Online at [www.wdm.iowa.gov/ShelterRental](http://www.wdm.iowa.gov/ShelterRental)



## Raccoon River Park Nature Lodge

2500 Grand Avenue

515.222.3424

The Nature Lodge, located in Raccoon River Park, offers a unique rental space in a natural setting. The building sits along the northwest shore of Blue Heron Lake and provides a place to get away from the demands of city life to slow down and relax. Whether you are planning a company retreat or a special wedding reception, this quaint location provides you with all the convenience of modern living with an elegant, yet rustic appearance.



LAKEVIEW ROOM*	1/3	2/3	Full
EVENINGS/WKNDs	\$30/Hr.	\$60/Hr.	\$90/Hr.
WEEKDAYS (8am-5pm)	\$20/Hr.	\$40/Hr.	\$60/Hr.

\*Sun-Fri 4 hr. minimum; Sat 10 hr. minimum (Apr-Oct); Sat 5 hr. minimum (Nov-Mar)

## Valley Junction Activity Center

217 5th Street

515.222.3440

Looking for the perfect place for that birthday party, family reunion or organization meeting? The Valley Junction Activity Center, located in the heart of Valley Junction, is just the place for you! The facility offers a wide variety of meeting room spaces as well as two dining rooms available for public rental. The Grand Ballroom located on the second floor of the building provides an excellent space for wedding receptions and large dinner gatherings for up to 200 people.



ACTIVITY CENTER	Ballroom	Dining Room	Vets Room
EVENINGS/WKNDs	\$80/Hr.	\$30/Hr.	\$20/Hr.
WEEKDAYS (8am-5pm)	\$80/Hr.	\$20/Hr.	\$14/Hr.

## Raccoon River Park Dog Park

2500 Grand Avenue

515.222.3424

Need a place to let your dog run off some excess energy? Dogs of all shapes and sizes enjoy romping through the 10 acre fenced play area of the Raccoon River Park Dog Park. The park features areas for both large and small dogs and is a great place to meet other dog lovers and enjoy each others' pets.

DOG PARK PERMITS	YEARLY	DAILY
RESIDENT	\$15	\$5*
NON-RESIDENT	\$40	\$5*

\*Available for purchase online

All dogs residing in the City of West Des Moines are required by law to have a City Pet License in order to purchase a Raccoon River Dog Park Annual Permit. Users are required to purchase a Dog Park Permit to utilize the facility. Both yearly permits (calendar year) and daily permits are sold at the following locations:



Administrative Office at WDM City Hall 4200 Mills Civic Parkway 515.222.3444

Raccoon River Park Nature Lodge 2500 Grand Avenue 515.222.3424

For more info visit [www.wdm.iowa.gov/DogPark](http://www.wdm.iowa.gov/DogPark)

## Raccoon River Park Archery Facility

2500 Grand Avenue

515.222.3424



The Archery Facility is the first of its kind in Iowa and includes the following features:

- Enclosure walls/fencing
- Shelter over shooting area
- 12 shooting lanes
- Overhead 'arrow curtains'
- Staging area
- Targets up to 40 yards distance

Users are required to purchase an Archery Permit to utilize the facility. Both yearly permits (calendar year) and daily permits are sold at the following prices and locations:

ARCHERY PERMITS	YEARLY RES.	YEARLY N-RES.	DAILY
ADULT	\$20	\$40	\$5*
YOUTH (under 16)	\$10	\$20	\$5*

\*Available for purchase online

Administrative Office at WDM City Hall 4200 Mills Civic Parkway 515.222.3444

Raccoon River Park Nature Lodge 2500 Grand Avenue 515.222.3424

For more info visit [www.wdm.iowa.gov/Archery](http://www.wdm.iowa.gov/Archery)

## Raccoon River Park Softball Complex

2500 Grand Avenue

515.222.3454

Raccoon River Park Softball Complex is host to league and tournament players as well as rentals by private groups sponsoring youth and adult tournaments. This professionally maintained complex has hosted many state, regional, and national tournaments along with a full slate of leagues for local softball players. Community use of this facility is welcomed when not in use by leagues.

### SCOREBOARD SPONSORS



AVAILABILITY	FRI PM	SAT	SUN	WKDYS
APR-OCT	5pm-10:15pm	8am-10:15pm	8am-4pm	8am-4pm

FIELD RENTALS	ADULT	YOUTH	YOUTH (Fall)
TOURNAMENTS	\$10-15/Game	\$30/Game	\$20/Game
PUBLIC HOURLY	\$30/Hr./Field (field light fees included)		

## Valley View Park Fields

225 88th Street

515.222.3444

In 2000, a master plan for Valley View Park was completed for the 80 acres of land that was purchased the year before. This master plan included the construction of an aquatic center, soccer fields, baseball/softball practice fields, tennis courts, basketball courts, parking, and various other amenities. The Valley View Aquatic Center was completed and opened in 2003, and a revised master plan was initiated in 2010. Construction on the parking lot began soon after, and soil restoration and reseeding of the open play area took place. Two lighted basketball courts were constructed in 2016. Two lighted tennis courts with pickleball lines were finished in 2017. The three soccer fields, four softball/baseball fields, and cricket pitch are available for rent. Three sand volleyball courts were finished in 2019. A shelter, available for separate rental, was completed in 2019.

\*Apr 1-Sep 1 Rental Season; 2 hr. minimum rental

To allow for turf renovation, field availability will be reduced Sep 2-Nov 1



FIELD RENTALS*	Soccer	Softball/Baseball	Cricket
REGULAR	\$15/Hr.	\$10/Hr.	\$40/Hr.
FOR-PROFIT ORG.	\$30/Hr.	\$20/Hr.	\$80/Hr.

Reserve Valley View Park Fields Online at  
[www.wdm.iowa.gov/VVFields](http://www.wdm.iowa.gov/VVFields)

## Holiday & Valley View Aquatic Center

1701 Railroad Avenue & 255 81st Street

515.273.0700

Looking for a unique outing for your business, church, or youth group? Why not schedule a private rental at one of the WDM aquatic centers? The rental fee includes all costs. Concessions are available at an extra cost.

Reserve Holiday or  
Valley View Aquatic Center  
by calling 515.222.3440

AVAILABILITY	SAT PM
JUNE-AUG	6:30-8:30pm

AQUATIC CENTER	ALL	LAZY RIVER/SLIDES	LEISURE/KIDS POOLS	LAP POOL/DIVING BRDS/DROP SLIDE
HOLIDAY	\$800	—	—	—
VALLEY VIEW	\$1,300	\$700	\$450	\$400

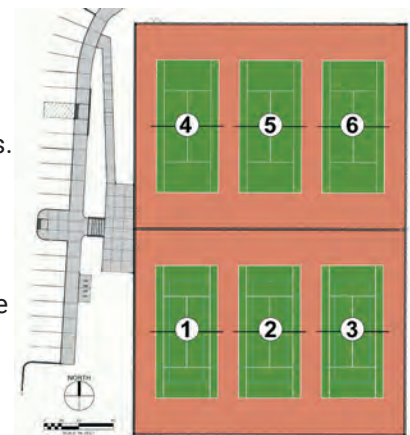
## Crossroads Park Tennis Courts

5205 Ashworth Road

515.222.3444

The original 6-court tennis complex at Crossroads Park was constructed in the 1980s. In 2020, the courts went through a major renovation project including removal of existing courts, fencing, sidewalks, and complete reconstruction of the courts. Court lighting is planned to be installed in by the fall of 2021, which will make this facility a local and regional attraction for tennis enthusiasts. With the recent completion of the courts and the high demand for this new venue, the Parks and Recreation Department will be implementing a reservation policy for the courts starting in spring 2021. Reservations can now be made online. More information regarding the Crossroads Tennis Courts can be found on the City's website listed below.

NEW



\*Mar 1-Oct 31 Rental Season; 1 hr. minimum rental

COURT RENTALS*	NON-PROFIT/SCHOOLS	PUBLIC	FOR-PROFIT/PRIVATE INST.
FEE	\$7/Hr.	\$10/Hr.	\$20/Hr.
HOURS OF OPERATION	7AM-10:30PM		

Reserve Crossroads Park Tennis Courts Online at  
[www.wdm.iowa.gov/TennisCourts](http://www.wdm.iowa.gov/TennisCourts)



# AQUATIC CENTERS OPEN ON SATURDAY, MAY 29

Opening and operation of WDM Aquatic Centers is anticipated to take place as listed. However, state or federal COVID-19 restrictions may require program changes or cancellations.

## Season Passes

Passes are sold per household. Individual photo ID cards are required for each family member who wishes to have a pass. All pass holders must have a current photo taken or on file. Photos can be taken at City Hall or the Valley Junction Activity Center during regular business hours (8am-5pm) or at the West Des Moines Aquatic Centers starting the first week of June. (Please note that it is best to purchase season passes at City Hall or the Valley Junction Activity Center prior to the first week of June to avoid long lines at both aquatic facilities.) WDM season passes are good at Holiday, Valley View, and Clive Aquatic Centers.

**\*10% discount for WDM Aquatic Center Season Passes ends March 31.**

Season Pass	WDM Residents	10% Discount	Non-Residents	10% Discount
Single Pass	\$85	\$76.50	\$130	\$117
Two Person Pass	\$120	\$108	\$170	\$153
Additional Person	\$40/person	\$36/person	\$55/person	\$49.50/person
Nanny/Granny	\$60	NA	\$60	NA

If an aquatic center closes because of weather (electrical storms or cool temperatures) between 12:30 & 5pm, it will not reopen until 5:30pm. If weather conditions do not allow reopening at 5:30pm, it will remain closed for the evening.

## Open Swim Times

Valley View		Holiday	
Sat	12-6pm	Sat	11:30am-6pm
Sun-Fri	12-5:30pm & 6:30-8:30pm	Sun	12-5:45pm
		Mon-Fri	11:30am-7pm*
Family Night on Wed & Sun - \$15/family	6:30-8:30pm	Family Night on Wed & Sun - \$15/family	6:30-8:30pm**
1/2 Price Evenings on Mon, Tues, Thurs, & Fri	6:30-8:30pm	1/2 Price Evenings on Mon, Tues, Thurs, & Fri	5-7pm**

\* Closes at 5:30pm when evening swim lessons are in session

\*\* Only when evening swim lessons are not in session

## Daily Admission Prices

Under 3 years old	Free
3-12 years old	\$6
13 years and older	\$9
Senior Citizens (55+)	\$7
Family Night (W & Su)	\$15/family

## Current Walking & Adult Lap Swim

Su-F, 5:30-6:30pm 18+ \$4/visit\* Valley View  
 Lazy River & Lap Pool  
 \*Pay at time of visit

**Aquatic Centers Phone #**  
**515.273.0700**

## Aquatic Center Birthday Parties

Have your next birthday party in the sun and fun at Valley View or Holiday Aquatic Center! Party packages include: reserved space for 2 hours for your group, admission to the aquatic center for your group, one FREE admission for an accompanying adult, and your choice of a food combo from the concessions for everyone in your party. Your group will also get to use the water slides during a special assigned pool break so there are no lines to wait in!

**Reserve by calling 515.222.3440 at least two weeks in advance.**

**\$170 for 10 participants**  
 (one adult included)

**\$17 per extra participant**

**Max of 15 participants**



## Adult Swim Lessons

Learn to swim or improve your skills in this class for adults.

ID #20985 6/14-6/24 M, T, W, Th, 6:15-6:45pm 17+ \$50 Holiday Aquatic Center

## Private Swim Lessons

Each child learns and excels differently. Your child will learn to swim or further their skills through private lessons with one-on-one instruction. Instructors will use the Learn-to-Swim progressions but at an individualized pace. Call 515.222.3440 for more info and to register.

6/14-6/18	M-F; 9-9:30am	5-14	\$115	Holiday Aquatic Center
	M-F; 9:35-10:05am	5-14	\$115	Holiday Aquatic Center
	M-F; 10:10-10:40am	5-14	\$115	Holiday Aquatic Center
6/21-6/25	M-F; 9-9:30am	5-14	\$115	Holiday Aquatic Center
	M-F; 9:35-10:05am	5-14	\$115	Holiday Aquatic Center
	M-F; 10:10-10:40am	5-14	\$115	Holiday Aquatic Center



## Parent & Me Swim Lessons

This self-guided program provides an opportunity for parents and their young children to explore the water together. Participants will have a special area of the pool to work together and learn basic water exploration skills. Parents will be given handouts that will provide directions for activities to do with their child.

ID #20923	6/14-6/25	M, W, F, 5:45-6:15	1-3	\$40	Valley View Aquatic Center
ID #20924	7/5-7/16	M, W, F, 5:45-6:15	1-3	\$40	Valley View Aquatic Center
ID #20925	7/19-7/30	M, W, F, 5:45-6:15	1-3	\$40	Valley View Aquatic Center

## Lifeguard Training

ID #16391	4/16-4/18	15+	\$175	Friday	5-9pm	Activity Center
ID #16392	4/23-4/25	15+	\$175	Saturday	8am-9pm	Valley HS Pool
ID #16393	4/30-5/2	15+	\$175	Sunday	8am-2pm	Valley HS Pool



**Work for us as a lifeguard this aquatic season!**

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call **515.222.3444**

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call **515.222.3444**

# American Red Cross Learn-to-Swim Lessons

To better place your child in the American Red Cross Learn-to-Swim program, please review this partial list of skills taught in each progress level. These skills are taught in each course and are required for completion of the specified level.

- > **Pre-School 1\*: Water Exploration:** Students will learn to put their face under water, blow bubbles, and kick with support on their front and back. (AGES 3-4)
- > **Pre-School 2\*: Water Navigation:** Children will learn to kick and glide on their front and back without support and learn very basic swimming skills. (AGES 3-4)
- > **Level 1\*: Introduction to Water Skills:** Students will learn how to feel comfortable in the water and safely enjoy it. (AGES 5+)
- > **Level 2: Fundamentals of Aquatic Skills:** Children will learn basic swimming skills. (AGES 5+)
- > **Level 3: Stroke Development:** Additional guided practice will help students improve their skills.
- > **Level 4: Stroke Improvement:** Kids will gain confidence during swim lessons, improve their stroke and gain additional aquatic skills. (AGES 5+)
- > **Level 5: Stroke Refinement:** Guidance allows kids to refine their strokes and become more efficient swimmers. (AGES 5+)

\* **Parent-Assisted Lessons**

Please refrain from registering your child for multiple sessions assuming they will advance to the next level for the following session. Registration changes incur a \$5 fee, and space may not be available for the needed level of completion.

Session 1 Pre-School 1 & 2: \$52 Levels 1-5: \$50					Session 2 Pre-School 1 & 2: \$52 Levels 1-5: \$50					Session 3 Pre-School 1 & 2: \$52 Levels 1-5: \$50				
VV (am) T-F, 6/15-6/25		H (pm) M-Th, 6/14-6/24			VV (am) T-F, 7/6-7/16		H (pm) M-Th, 7/5-7/15			VV (am) T-F, 7/20-7/30		H (pm) M-Th, 7/19-7/29		
PS 1	8:30	20768	6:15	20774	PS 1	8:30	20823	6:15	20777	PS 1	8:30	20827	6:15	20772
	9:10	20769	6:50	20775		9:10	20824	6:50	20778		9:10	20828	6:50	20773
	9:50	20770				9:50	20825				9:50	20829		
	10:30	20771				10:30	20826				10:30	20830		
PS 2	8:30	20790	6:15	20791	PS 2	8:30	20792	6:15	20783	PS 2	8:30	20831	6:15	20787
	9:10	20833	6:50	20782		9:10	20837	6:50	20784		9:10	20840	6:50	20788
	9:50	20834				9:50	20838				9:50	20841		
	10:30	20836				10:30	20839				10:30	20843		
L1	8:30	20802			L1	8:30	20807			L1	8:30	20811		
	9:10	20803	6:50	20794		9:10	20808	6:50	20797		9:10	20813	6:50	20800
	9:50	20804	7:25	20795		9:50	20809	7:25	20798		9:50	20814	7:25	20801
	10:30	20793	8:00	20796		10:30	20810	8:00	20799		10:30	20815	8:00	20818
L2	8:30	20850			L2	8:30	20866			L2	8:30	20870		
	9:10	20863	6:50	20849		9:10	20867	6:50	20857		9:10	20871	6:50	20860
	9:50	20864	7:25	20855		9:50	20868	7:25	20858		9:50	20872	7:25	20861
	10:30	20865	8:00	20856		10:30	20869	8:00	20859		10:30	20873	8:00	20862
L3	8:30	20852			L3	8:30	20882			L3	8:30	20889		
	9:10	20876	6:50	20851		9:10	20883	6:50	20879		9:10	20890	6:50	20886
	9:50	20877	7:25	20874		9:50	20884	7:25	20880		9:50	20891	7:25	20887
	10:30	20878	8:00	20875		10:30	20885	8:00	20881		10:30	20892	8:00	20888
L4	8:30	20894			L4	8:30	20901			L4	8:30	20907		
	9:10	20895	6:50	20853		9:10	20902	6:50	20898		9:10	20908		
	9:50	20896				9:50	20903	7:25	20899		9:50	20909	7:25	20905
	10:30	20897	8:00	20893		10:30	20904	8:00	20900		10:30	20910	8:00	20906
L5	8:30	20911			L5	8:30	20916			L5	8:30	20920		
	9:10	20913									9:10	20921	6:50	20918
			7:25	20854		9:50	20917							
	10:30	20914	8:00	20912				8:00	20915				8:00	20919

# MidAmerican Energy Company RecPlex

6500 Grand Avenue

515.440.4820



The City of West Des Moines built a unique partnership with the private sector to bring a one-of-its-kind sports facility to Central Iowa – the MidAmerican Energy Company RecPlex. This project addresses the need for a regional, indoor sports

facility that provides year-round access and opportunity for our growing youth sports programs such as hockey, soccer, and basketball. The 300,000 square foot RecPlex also features space for conventions & concerts, community & business meetings, corporate & private gatherings, as well as adaptive recreation. The RecPlex promises to enhance the quality of life for people of all ages and abilities.

Learn more at [www.TheRecPlex.com](http://www.TheRecPlex.com)

Follow the progress on Facebook @ MidAmerican Energy Company RecPlex



## Parents' Night Out NEW

Parents can enjoy a night out on the town, a relaxing evening in, or whatever it is you'd like to do while your kids have a blast with us. Each Parents' Night Out will have a fun theme, arts & crafts, healthy activities and a pizza party!



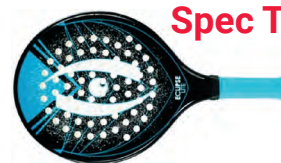
Sa, 5-8pm 5-11 \$15/child RecPlex

ID #16534 6/12	ID #16543 7/17	ID #16546 8/14
ID #16535 6/26	ID #16545 7/31	ID #16550 8/28

## Pickleball Lessons NEW

The best way to learn how to play pickleball is to take lessons from a pickleball instructor. The basics, strategies, and health and safety will be covered.

ID #20819	6/14-6/30	M & W, 10-11am	12+	\$72	RecPlex
ID #20821	7/12-7/28	M & W, 10-11am	12+	\$72	RecPlex



## Spec Tennis Lessons NEW

Spec Tennis is a fast-paced, easy-to-learn game played on a pickleball court. It is more competitive and challenging than pickleball (more tennis-like). The game combines the best components of popular racket sports. It's a blast for all ages and skill levels.

ID #20820	6/14-6/30	M & W, 11am-12pm	12+	\$72	RecPlex
ID #20822	7/12-7/28	M & W, 11am-12pm	12+	\$72	RecPlex

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444



**Hockey+ Day Camp****NEW**

Keep your game sharp this summer at the RecPlex's first ever Hockey+ summer day camps! This camp offers skaters a combined 90 minutes of on-ice programming each day. Instructors will oversee skating, shooting, passing and small area games as well as scrimmages and unstructured play time to master that toe drag or just to work on your celly! More than just a hockey camp, kids will play soccer, dodgeball, pickleball, and many others while having the opportunity for a weekly field trip. For camp details and daily itinerary please visit [www.therecplex.com](http://www.therecplex.com). Organized hockey experience is required for this camp. Can't make the whole week? Build your own schedule for \$55/day at [www.wdm.iowa.gov/parkrecreg](http://www.wdm.iowa.gov/parkrecreg).



Weekly, 6/7-7/30      M-F, 7:30am-5pm      7-14      \$250/week      RecPlex

**All Sports Sampler Day Camp****NEW**

Skip the nanny this year and let us provide your child with a summer to remember at our RecPlex's All Sports Sampler Day Camp! Campers will spend an entire day filled with sports of all kinds, arts & crafts, snacks, a weekly field trip and so much more. Every camp is guided by our recreation staff who are trained to encourage participation, good sportsmanship and most of all FUN! Can't make the whole week? Build your own schedule for \$50/day at [www.wdm.iowa.gov/parkrecreg](http://www.wdm.iowa.gov/parkrecreg).

Weekly, 6/7-8/13      M-F, 9am-4:30pm      6-12      \$225/week      RecPlex

**Healthy Esports Camp****NEW**

Welcome, gamers, to the RecPlex's Healthy Esports Camp! Join us for these week-long day camps and learn to play age-appropriate games while still having a focus on physical activity. Each day will consist of 2 hours of gameplay, 1 hour of sports activity, and 30 minutes of video-on-demand review to learn more about the game of the day and how to improve!

AM	ID #16502	6/21-6/25	M-F, 8:30am-12:30pm	8-13	\$150	RecPlex
AM	ID #16505	7/19-7/23	M-F, 8:30am-12:30pm	8-13	\$150	RecPlex
AM	ID #16508	8/9-8/13	M-F, 8:30am-12:30pm	8-13	\$150	RecPlex
PM	ID #16510	6/21-6/25	M-F, 12:30-5pm	14-18	\$150	RecPlex
PM	ID #16513	7/19-7/23	M-F, 12:30-5pm	14-18	\$150	RecPlex
PM	ID #16516	8/9-8/13	M-F, 12:30-5pm	14-18	\$150	RecPlex

**Twirl Camp**

Sign your child up for this very popular program! Let them experience the thrill of learning to twirl a baton. Your child will learn the basics of baton twirling each day of the camp. A special highlight of the week will be the opportunity for campers to show off their new-found skills as they march together in the West Des Moines Independence Day Parade (held on July 3). Level 101 class includes a T-shirt and baton. Level 201 & 301 classes include a T-shirt.



101 Level	ID #16619	6/28-7/2	M-F, 10:30-11:30am	5-10	\$46	RecPlex
101 Level	ID #16617	6/28-7/2	M-F, 11:30am-12:30pm	5-10	\$46	RecPlex
201 Level	ID #16616	6/28-7/2	M-F, 1-2pm	6-13	\$32	RecPlex
301 Level	ID #16618	6/28-7/2	M-F, 2-3pm	8-15	\$32	RecPlex

**Youth Basketball League****5/13 Registration Deadline**

Register at [www.teamsideline.com/WestDesMoines](http://www.teamsideline.com/WestDesMoines)

League Format: Boys & Girls  
Completed grades 3, 4, 5, & 6  
Eight-game schedule



Starts 7/8      5:30-8:30pm      \$530/team + tax      RecPlex

Tuesdays	3rd grade girls 3rd grade boys 4th grade girls 4th grade boys	Wednesdays	5th grade girls 5th grade boys 6th grade girls 6th grade boys
----------	------------------------------------------------------------------------	------------	------------------------------------------------------------------------

\*Each team will receive one free pizza each week from the RP Grill following their game.

**Summer Skills Basketball Camp****NEW**

Each week, players will get a host of offensive and defensive tactics, as well as develop a sound understanding of spacing, movement, and how to maximize their development through leadership principles and character traits. We will review a character skill twice a day (8 total) and practice infusing that into our gym sessions. We will meet in a classroom setting during this time and then take it to the court. Players will need to bring their own lunch, basketball, and water bottle.



Weekly, 6/7-7/30      M-Th, 9am-4pm      8-18      \$250/week      RecPlex

**Basketball Skills, Drills & Competition****NEW**

Who's ready to skill, drill and compete? These 90-minute training sessions will focus on key spacing techniques, movement principles, and other offensive penetration reads. Forty-five minutes will be dedicated to skill development and the remaining 45 minutes will offer athletes the chance to play, at speed, against contact and refine the newly learned moves. Players will need their own basketball and water bottle.

ID #16458	5/4-5/25	T, 5-6:30pm	8-13	\$125	RecPlex
ID #16459	5/4-5/25	T, 6:30-8pm	14-18	\$125	RecPlex

**Georges Niang Basketball Camp****NEW**

Join current NBA Utah Jazz basketball player and former Iowa State Cyclone All-American, Georges Niang, for a day on the hardwood. Learn from his experience, gain some key offensive moves, and participate in a unique opportunity to learn from a pro!

Lunch is included, and participants receive prizes, giveaways, and a personalized signed picture with Georges along with a Nike t-shirt. Space is limited. This is the 6th year, and they have always sold out...SIGN UP TODAY!

ID #16464      7/26      M, 9am-4pm      8-18      \$150      RecPlex

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444

# Men's Flag Football League

5/20 Registration Deadline

**SUMMER LEAGUE** Men's Flag Football teams now have another season to play the game they love. Applications will be available in late April. Seven-man teams will play a 7-game schedule. **Note: Games will now be played at the MidAmerican Energy Company RecPlex.**  
**Register at [www.teamsideline.com/WestDesMoines](http://www.teamsideline.com/WestDesMoines)**



Starts 6/30      W, 6:15-9:15pm      18+      \$350/team + tax      RecPlex

# Pickleball League

5/24 Registration Deadline



Fun, social, and friendly. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Teams will compete for eight weeks.  
**Register at [www.teamsideline.com/WestDesMoines](http://www.teamsideline.com/WestDesMoines)**

League Format: Men's, Women's, & Co-ed  
 Social, Intermediate, & Competitive levels

Starts 6/8      T, W, & Th, 6:15-10:15pm      18+      \$75/team + tax      RecPlex

# Adult Basketball League

5/12 Registration Deadline

League Format: A League is the most competitive league with the D League being the least competitive. All games will be staffed with certified referees and an official scorekeeper. Teams will play a 9-game round-robin schedule.  
**Register at [www.teamsideline.com/WestDesMoines](http://www.teamsideline.com/WestDesMoines)**

Starts 6/9      W, 6:15-9:15pm      18+      \$595/team + tax      RecPlex

# Bags League

5/24 Registration Deadline

Grab a partner and get ready to play everyone's favorite backyard game, bean bag toss. Teams will compete for eight weeks. **Register at [www.teamsideline.com/WestDesMoines](http://www.teamsideline.com/WestDesMoines)**

League Format: Co-ed  
 Social (boards at 24') & Competitive (boards at 27')



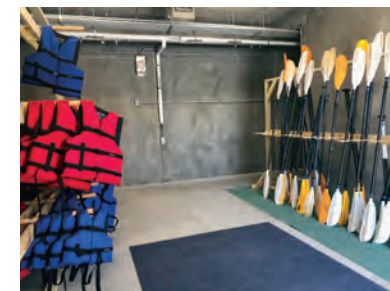
Starts 6/8      T, W, Th, & F, 6:15-10:15pm      18+      \$30/team + tax      RecPlex

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444

# Raccoon River Park Boathouse

2500 Grand Avenue

515.440.4787



OPENING ON MAY 15

## Boat Rental Fees

	Capacity	1/2 Hour	Hour	Day
Canoe	2-3 people	\$10	\$13	\$44
Kayak	1 person	\$10	\$13	\$50
Double Kayak	2 people	\$13	\$17	\$53
Fishing Kayak	1 person	\$13	\$17	\$53
Stand-up Paddleboard	1 person	\$10	\$13	\$48

\*Prices include taxes. Paddles and lifejackets are included with all rentals.

## Boat Rental FAQ's

**Do I have to rent a lifejacket? Do I have to wear a lifejacket?**

Lifejackets are provided, included, and required to be worn by ALL renters age birth to 100!

**Can children be in a boat alone?**

Any person under age 18 needs a guardian to sign the paperwork but IS ALLOWED to go out on watercraft alone with a guardian's permission.

**Can I call ahead and reserve a boat and rental time?**

We do not accept reservations. First come - first rent!

**Can my dog be in the boat with me?**

Dogs are allowed but renter assumes all damage and must clean up all messes.

**Can I have food and drink with me in the boat? What about alcohol or tobacco products?**

You are allowed to take food and drink but NO ALCOHOL or TOBACCO!

**Will I get a refund if I don't get to use my full rental time?**

There are NO REFUNDS of any kind, for bad weather, hot sun, sad children, sweat, broken equipment, lack of fish, wind, bad tempers, hard work, tipping of boat, or lack of understanding of rules.

Keep up-to-date on changes, weather, and ask questions on Facebook @RRPBoathouse



To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444



# Jamie Hurd Amphitheater

4100 Mills Civic Parkway

515.222-3444



**JAMIE HURD  
AMPHITHEATER**  
CITY OF WEST DES MOINES, IA



For rental information visit [www.wdm.iowa.gov/JHA](http://www.wdm.iowa.gov/JHA)

Join us Fridays in June and July for a free outdoor movie series. Beginning an hour prior to the movie, enjoy activities related to the show and grab a bite to eat from a food truck.

Summer Sundaze is a relaxing concert series featuring local bands. Food can be purchased from food trucks, and lawn games will be available on a first-come, first-serve basis.



TIMES LISTED ARE APPROXIMATE MOVIE SHOWTIMES.  
MOVIES WILL BEGIN AT SUNSET.

## Fridays FREE

6/4	8:45pm	Toy Story 4
6/11	8:45pm	The Princess and the Frog
6/18	9:00pm	The Karate Kid
7/9	9:00pm	Mary Poppins Returns
7/16	8:45pm	Spider Man: Into the Spider-verse
7/23	8:45pm	The Goonies
7/30	8:30pm	Frozen II
8/6	8:30pm	Coco

Sponsored by



Depending on COVID-19 restrictions, these events may require pre-registration.  
Please visit our website prior to attending for the latest updates.

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444

## NEW



## Sundays 5:30pm FREE

6/6	Faculty Lounge
6/13	Ryne Doughty Band/Guitarras
6/20	The Savage Feds/Dick Danger Band of Des Moines
6/27	Tom Buckmiller and the Tone Tailors
7/11	Andrew Hoyt/Rythmatics
7/18	Joshua Sinclair/Ducharme-Jones
7/25	The Host Country

# OUTDOOR THEATRICAL CONCERT EVENTS

## THE BRIDGES OF MADISON COUNTY CONCERT VERSION

Book by MARSHA NORMAN  
Music & Lyrics by JASON ROBERT BROWN  
Based on the Book by ROBERT JAMES WALLER  
FRIDAY, JUNE 25 @ 7:30pm  
SATURDAY, JUNE 26 @ 1:00pm  
Directed by Megan Helmers

## an evening with SONDHEIM

a musical theatre cabaret  
featuring Local Musical Theatre Artists  
singing selections from the  
Sondheim song book  
SATURDAY, JULY 17 @ 7:30pm



AT THE JAMIE HURD AMPHITHEATER

TICKETS: \$20 SUGGESTED DONATION | INFO: [TALLGRASSTHEATRE.ORG](http://TALLGRASSTHEATRE.ORG)

Note: Performances are subject to change based on restrictions of COVID -19.

## West Des Moines Independence Day Events

### July 3rd Parade

Sponsored by



Parade entry information will be available starting in early May. To have information mailed to you, please call 515.222.3444. The parade will be limited to 75 entries.

Sa, 7/3 5:15pm Line-Up  
6:30pm Parade

### All Iowa Bash!

Held in Valley Junction on July 3. For more information, visit [www.valleyjunction.com](http://www.valleyjunction.com) or call 515.222.3642.



### Holiday Classic Horseshoe Tourney

Su, 7/4 9:30am Sign-In Holiday Park  
10am Play Begins

### WDM Community Band Concert

Su, 7/4 7pm Raccoon River Park  
Coneflower Shelters

### Fireworks Display

The fireworks display **will start at dusk** on the evening of July 4. Location TBD.

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444



## K9 Toss and Fetch League

West Des Moines has a K9 Toss and Fetch league that competes with other Toss and Fetch teams from around the world. Each week, we meet at Jordan Creek Park to "toss and fetch" with our dogs to gather scores. Our league is for anyone who has a dog that loves to play fetch with a frisbee. If you would like more information about this league, call Melanie at 515.222.3435 or go to our Facebook page at West Des Moines K9 Toss and Fetch.

\*Team = 1 dog and owner. Owners can have more than one team if they have multiple dogs.

ID #20625	4/21-5/19	W, 6:30-7:30pm	ALL	\$18/team	Jordan Creek Park
ID #20626	6/9-7/7	W, 6:30-7:30pm	ALL	\$18/team	Jordan Creek Park
ID #20627	7/28-8/25	W, 6:30-7:30pm	ALL	\$18/team	Jordan Creek Park

## Yoga On The Lawn

Get your Sunday off to a great start with some Yoga on the Lawn! This FREE program is a great introduction to yoga for the beginner and offers new challenges for seasoned yogis. Bring a water bottle and yoga mat and enjoy.

6/6-8/22	Su, 9-10am	ALL	Free	WDM City Hall (front lawn)
----------	------------	-----	------	----------------------------

## Hunter Education

Anyone born after January 1, 1972 is required to complete a Hunter Safety Course before they can obtain an Iowa hunting license. Safety is the DNR's priority to both the volunteer instructors and the students taking these classes. For that reason, the class held at Raccoon River Park will be a field day. These are abbreviated classes where much of the class work is done outside of class. Please go to [www.hunter-ed.com/iowa](http://www.hunter-ed.com/iowa) to finish the class work before the field day. You may sign up for the field day beginning July 1 by going to [www.events.gooutdoorsiowa.com](http://www.events.gooutdoorsiowa.com).

8/21	Sa, 8-10:30am	12+	Free	Nature Lodge
------	---------------	-----	------	--------------

## Great American Campout

The National Wildlife Federation's Great American Campout is an easy way to get outdoors and enjoy the benefits of nature and wildlife whether you are a seasoned pro or a first time camper. So, pack up your tents, sleeping bags and flashlights for a fun night of camping on the City Hall lawn. Activities will include s'mores, kayaking, fishing, games, and Dumbo (2019) on the big screen. Evening snacks and a light breakfast will be provided. Registration is not required.



6/26-6/27	Sa-Su, 7pm-9am	ALL	Free	WDM City Hall
-----------	----------------	-----	------	---------------

## Mayor's Bike Ride & Pancake Breakfast

Join Mayor Steve Gaer for a morning of pancakes and cycling in Raccoon River Park on Saturday, May 15. "Chris Cakes" will cater all-you-can-eat pancakes from 7-9am, followed by the FREE Mayor's Bike Ride at 9:30am. "Come for breakfast, come for the ride....or come for them both. You decide!" Different routes will be available to accommodate all ages and abilities. All routes start and end at Raccoon River Park Nature Lodge.



The event is "Ride at your own Risk". All rules and regulations outlined in the West Des Moines, Iowa: City Code, Title 6 – MOTOR VEHICLES AND TRAFFIC, Chapter 11: BICYCLES shall apply. ([www.wdm.iowa.gov](http://www.wdm.iowa.gov))

ID #20936	5/15	Sa, 7am-9am	Breakfast	2-11	\$4	Nature Lodge
			Breakfast	12+	\$6	Nature Lodge
		Sa, 9:30am	Ride begins	ALL	Free	Nature Lodge

## Earth Day Family Fun



Earth Day is a perfect day for you and your family to come enjoy some family friendly outdoor activities. You can go kayaking, canoeing, or fishing. You may choose to create an earth-friendly craft and enjoy a cup of cider or hot cocoa. The first 100 families will receive a free Painted Lady caterpillar (one per family) and free tree saplings will be handed out. Come learn all about what you can do to help love our earth everyday!

4/24	Sa, 10am-1pm	ALL	Free	WDM City Campus
------	--------------	-----	------	-----------------

## WDM Public Art 10 Year Celebration

**NEW**

Mark your calendars to join the Public Arts Advisory Commission as they celebrate their 10th anniversary. There will be all kinds of art for you to enjoy throughout the day. Also, the soon-to-be Amphitheater Public Art Project will be "unveiled" in the evening, followed by a free, family-friendly concert. Look for more details to come!



7/31	Sa, 1-10pm	ALL	Free	WDM City Campus
------	------------	-----	------	-----------------

## Courage League Pool Party

Join us when our special population has the pool to themselves! In partnership with Courage League Sports, enjoy an evening of fun reserved just for your special person and your family. Pre-registration required.

ID #20958	6/12	Sa, 6:30-8:30pm	ALL	Free	Holiday Aquatic Center
ID #20959	7/17	Sa, 6:30-8:30pm	ALL	Free	Holiday Aquatic Center

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444



## Friday Food Truck Lunch **NEW**



Join us for a relaxing lakeside lunch at Raccoon River Park! Each Friday we will have a food truck or two available for a grab-and-go lunch at Blue Heron Lake. Bring your tennis shoes and walk the trail; rent a paddleboat or kayak from the Boathouse; or bring your fishing pole and bait and fish at the fishing pier. Get outdoors where you can enjoy your lunch at the park, or grab it to go.

6/11-7/30 F, 11:30am-1:30pm ALL Food Prices Vary Raccoon River Park



## Park PALOOZA **NEW**

Get ready to "KICK OFF SUMMER" with us at Raccoon River Park! There will be something for everyone at Park PALOOZA. This FREE special event will feature four-legged fun and canine vendors at the Dog Park; make-and-take crafts for kids in the Coneflower Shelters with vendors and food trucks selling their products; an opportunity to borrow a fishing pole and fish for FREE during the DNR's "Free Fishing Weekend" and an opportunity to check out the new Boathouse and rent a vessel to get out on the water. Come enjoy the first weekend of summer at Raccoon River Park!

\*Even though this is a FREE event, please register so we know how many to plan for. This will also allow us to contact you should the need arise. Some items will be for sale and can be purchased on site.

ID #20688 6/5 Sa, 8am-1pm ALL Free Raccoon River Park

## Dive-In Movie Night **NEW**

Join us at Valley View Aquatic Center for Dive-In Movie Night. We will be showing Moana (PG). Doors open at 8:30pm. The movie will begin at 9pm. Concessions will be available.



ID #20757	8/7	Sa, 8:30-10:30pm	Under 2	Free	Valley View Aquatic Center
			2-12	\$6	
			13+	\$9	
			65+	\$6	

## Bird-Watching **NEW**

Come join the Des Moines Audubon Society on a bird-watching hike. All levels of bird watchers are welcome from "what is that bird called?" to "can you hear that Eastern Phoebe?" Meet in the parking lot of the Raccoon River Boathouse. The birding group will be traveling to Purple Martin Recreation Area and Walnut Woods State Park when they are done birding at Raccoon River. Please feel free to join them! No need to register. Just show up for some birding fun.

4/10 Sa, 8:30-9:30am ALL FREE Raccoon River Park

## Princess & Pirate Splash Bash



Hear Ye! Hear Ye! and Yo Ho Ho! All princesses across the land and pirates of the sea are invited to a spectacular SPLASH BASH at Holiday Aquatic Center. We've enlisted our friends from Little Princess Parties to provide "The Little Mermaid" and five of her princess and mermaid friends. They will swim and pose for photos with you. (Be sure to bring your camera.) This event is sure to be a crowd-pleaser for the entire family. Join us as we enjoy the middle of summer!

ID #20938	7/24	Sa, 6:30-8pm	3+ Under 3	\$15 Free	Holiday Aquatic Center
-----------	------	--------------	------------	-----------	------------------------

## Plein Air Painting Festival

Calling painters of all ages, skill levels, and styles! Spend some time creating a work of art outdoors or "En Plein Air." Get your canvas stamped at the Valley Junction Activity Center on Thursday, 7/8 between 9am and 6:30pm, and return your artwork by 5pm on Wednesday, 7/14. An artists' reception will be held at the Valley Junction Activity Center on Thursday, 7/15 from 5:30-8pm where the public can vote on their favorite work of art in each division. Artists will also have the opportunity to sell their work if they choose.

Visit [www.wdm.iowa.gov](http://www.wdm.iowa.gov) for full details.

\*Artist provides own canvas and supplies.

**Youth division – Ages 6-17**

**Adult division – Ages 18+**

<b>Canvas Stamping</b>	ID #16429	7/8	Th, 9am-6:30pm	6+	\$5	Activity Center
<b>Artists' Reception</b>		7/15	Th, 5:30-8pm	ALL	Free	Activity Center

## Wildflower Hike **NEW**

Come enjoy the beauty of the forest. We will be taking a short walk around Southwoods Park to see some of the woodland spring wildflowers! This hour-long hike will be led by the West Des Moines Parks and Recreation Naturalist. We will meet at the top of the hill east of the parking lot. There is no cost, but please register so we know how many people to expect.

ID #20943	4/15	Th, 6-7pm	ALL	FREE	Southwoods Park
-----------	------	-----------	-----	------	-----------------

## Archery, Give it a "Shot"

Have you thought about trying archery, but you don't have any equipment? These family events are planned just for you! Come to the Archery Facility at Raccoon River Park to give it a try. We will provide the bows, arrows, and instruction for you to try this exciting sport. Registration is limited to the first 30 people.

ID #20628	4/20	T, 5:45-7pm	8+	\$3	Raccoon River Park
ID #20629	5/13	Th, 5:45-7pm			
ID #20630	6/10	Th, 5:45-7pm			
ID #20631	7/13	T, 5:45-7pm			
ID #20632	8/12	Th, 5:45-7pm			



To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444

## Fairytale Time in the Park

Come experience your neighborhood park and join the West Des Moines Parks and Recreation staff for a story and a craft. Bring a blanket and a friend!

\*Childcare providers- Please let us know if you are bringing your group so we can be sure to have enough supplies for all participants.



F, 10:30-11:15am	ALL	Free
6/4	Pearson Park	
6/11	Quail Cove Park	
6/18	Ashawa Park	
6/25	Huston Ridge Park	
7/2	Wild Rose Park	
7/9	Meadow View Park	
7/16	Kiwanis Park	
7/23	Jaycee Park	
7/30	Fairmeadows Park	

## Story Time in the Park

Come enjoy a nature story or two and a kid-friendly craft. We will find some shade near or in the Biddle Shelter at Raccoon River Park. Bring a blanket, and dress for the weather.

5/4-5/25	T, 10:30-11:15am	ALL	Free	RRP Biddle Shelter
----------	------------------	-----	------	--------------------

## Nature Friends

The purpose of Nature Friends is to give children the opportunity to learn about Iowa's natural resources, environment, and outdoor recreation. It is hoped that children who attend will gain an increased awareness about the earth and will learn to make responsible environmental decisions as they grow. Non-residents of West Des Moines are allowed to register for these programs at the same time residents can register. These programs are co-sponsored by WDM Parks and Recreation and the Polk County Conservation Board. Children will explore a different nature topic each evening through stories, sharing time, guided exploration, and art activities. Snacks will be provided. An adult must attend with each child.

Frog Hop	6/7	M, 6:30-7:30pm	3-5	\$10	Jester Park Nature Ctr.
Fishing	ID #20734	6/22	T, 6:30-7:30pm	3-5	\$10 Raccoon River Park
Friendly Fireflies	7/6	T, 6:30-7:30pm	3-5	\$10	Fort DM Park, Shelter 3
Let's Go Camping	ID #20685	7/19	M, 6:30-7:30pm	3-5	\$10 Southwoods Park
Nature/Water Wonders	8/9	M, 6:30-7:30pm	3-5	\$10	Easter Lake Park
Nature's Symphony	ID #20684	8/24	T, 6:30-7:30pm	3-5	\$10 Raccoon River Park
Migration Sensation	9/7	T, 6:30-7:30pm	3-5	\$10	Jester Park Nature Ctr.
Tricky Tracks	ID #20740	9/20	M, 6:30-7:30pm	3-5	\$10 Raccoon River Park

Register for programs listed in Polk County parks (shaded above) at [www.leadingyououtdoors.org/calendar](http://www.leadingyououtdoors.org/calendar)



To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444

## Birthday Parties at the Nature Lodge

Birthdays are special, and we have some great ways to celebrate them! Choose from various themes and locations, and leave the planning details to us. Our parties include: set up, a reserved space for your event, a party host or hostess, a theme-related activity, cake, ice cream, juice, paper goods, and most importantly...the clean up!

Theme	Star Wars	Frozen	Prehistoric Pals	Pajama Party	Super Hero	Amazing Animals
Age*	5-7	5-7	5-7	5-7	5-7	5-7

\* All party participants must meet the minimum age required



**\$150 for 12 participants**  
(birthday child included)

**\$15 per extra child**

**Max of 15 participants**

**Reserve by calling 515.222.3424**  
**at least two weeks in advance**

## Kayak Class

**NEW**

Come learn how to kayak! We'll outfit everyone with a kayak, paddle, and lifejacket and get everyone on the water. Tour along the shoreline with a certified instructor, learning basic strokes, maneuvers, and techniques to safely start kayaking. We'll introduce your first basic rescue, so please come prepared to get into the water. Children under 15 must have an adult present in the class.

ID #20968	7/10	Sa, 6-8:30pm	9+	\$33	Raccoon River Park Boathouse
ID #20969	8/13	F, 8:30-11am	9+	\$33	Raccoon River Park Boathouse

## Forest Bathing - Shinrin-Yoku/Parent & Child

**NEW**

Celebrate Mother's Day by joining us for a 2-hr forest bathing walk, led by Brandy Case Haub of Intertwined Nature + Forest Therapy. Guided forest bathing walks are appropriate for all ages and abilities: less than a ½ mile is covered on each walk. Guides use techniques to support participants in entering a state of embodied awareness, moving through a series of "invitations" to support participants in tuning into each of their senses, allowing participants to move into a liminal space and experience resulting wellness benefits.

ID #20842	5/8	Sa, 9-11am	10-16	\$10	Southwoods Park
			17+	\$20	

**SAVE THE DATE:**  
**SATURDAY,**  
**SEPTEMBER 25**

**IllumiFest**  
a Fall Festival of light

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444



## Tae-Kwon-Do / Karate

The Korean art of self defense, Tae-Kwon-Do, is recognized as a beneficial method of improving health, balance, agility, and poise. As a philosophy of mental alertness and moral ethics, TKD can serve to enhance anyone's life, young or old. Beginner classes are for white through green belts. Intermediate/Advanced classes are for green belts and up.

(Little Ninjas programs can be found on pg. 26)

### BEGINNER CLASS

ID #20679 6/8-8/3 T, 6:30-7:30pm 6+ \$46 Activity Center

### INTERMEDIATE/ADVANCED CLASS

ID #20678 6/8-8/3 T, 7:30-8:30pm 6+ \$46 Activity Center



### Charlie Chipmunk

It's the same Charlie but a new adventure! Go exploring with Charlie Chipmunk this summer. You had such a great time exploring our playgrounds last summer that Charlie thought it would be fun to explore some of the 50 miles of trails throughout West Des Moines. From May 15 to June 30, you will be able to locate Charlie on the trails with the help of small reflective tacks that may be seen both day and night! Download or pick up (from the Nature Lodge) your trail tracker, follow the tacks from 15 designated starting points, and unlock Charlie's secret message. Bring the tracker to the Nature Lodge at Raccoon River Park to claim your small prize. Prizes will be limited to the first 200 kids ages 10 and under, but all are welcome to join the fun!

## Shade Crusade - Residential Tree Sale

Join the City in our crusade to increase West Des Moines' tree diversity and urban tree canopy. Native trees (valued at approximately \$60 to \$120 each) are being made available to residents of West Des Moines for only \$40 per tree. The remainder of the cost of the trees will be paid by the City. Due to City funding, all participants must be West Des Moines residents and agree to plant the tree(s) on residential property within City limits.

Find all of the details about the 2021 Shade Crusade at [www.wdm.iowa.gov/ShadeCrusade](http://www.wdm.iowa.gov/ShadeCrusade).

**NEW THIS YEAR!** Trees will be delivered to your residence during the week of May 3-7.



## Planet 7

Planet 7 is a great way to give your child a feel for what junior high has in store for them. This program offers an opportunity for 6th graders entering 7th grade at Stilwell or Indian Hills Junior High to:

- Build self-esteem
- Learn how to deal with peer pressure
- Meet new friends
- Learn time management & study skills
- Familiarize themselves with their new school



**2021 UPDATE:** Please visit [www.wdm.iowa.gov/ParksandRec](http://www.wdm.iowa.gov/ParksandRec) in late March, and watch your virtual backpack for more information regarding registration and course dates.

## Lee Cole's Magicamp

Magicamp is for anyone who likes to have fun. You'll learn how to entertain and amaze your friends, family, and classmates with magic that you can do anywhere, at any time, and for the rest of your life. Join professional magician, Lee Cole, for 2 days of fun. All magic materials provided.

ID #15016	3/16 & 3/18	T & Th, 9-11:45am	7-15	\$45	Nature Lodge
ID #16422	6/21 & 6/23	M & W, 9-11:45am	7-15	\$45	Nature Lodge
ID #16419	7/13 & 7/15	T & Th, 9-11:45am	7-15	\$45	Nature Lodge
ID #16420	8/10 & 8/12	T & Th, 9-11:45am	7-15	\$45	Nature Lodge

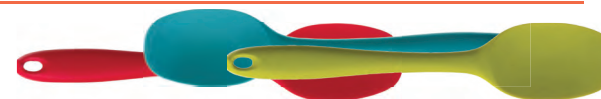


## KiddyKeys Virtual Music Class

KiddyKeys is a modern and engaging approach to teaching piano skills and music concepts to children. Registered participants will receive an email with that week's private 30-minute virtual class, allowing families to participate on their own time. All you will need is a piano or keyboard and 30 minutes to hang out with your kiddo! You will receive pre-recorded videos at 8am on Monday mornings, and you can go through the class whenever and as many times as you want. You will also receive any corresponding worksheets and class info via e-mail.

ID #15743	3/29-4/19	M, 8-8:30am	2 <sup>1/2</sup> -5	\$44	Virtual
-----------	-----------	-------------	---------------------	------	---------

## Kids in the Kitchen



Kids in the Kitchen is an introduction to cooking for young children. Those involved in the preparation of their meals prove to be healthier eaters, so start them on the right path with this three-week program! The students will be taught everything from mixing and measuring to kitchen safety. In each class, the children will make a snack while learning kitchen basics and cooking techniques. Please feel free to bring an apron to protect clothing from any kitchen messes!

ID #20708	7/13-7/29	T & Th, 4-5pm	5-6	\$29	Nature Lodge
ID #20949	7/13-7/29	T & Th, 5:30-6:30pm	7-8	\$29	Nature Lodge

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444

## Little Ninjas

Join our early childhood program designed to teach the basic fundamentals of both Tae-Kwon-Do and Karate. This class will focus on building self-respect, self-confidence, coordination of mind and body, and self-discipline.

ID #20677	6/8-8/3	T, 5:30-6pm	4-5	\$33	Activity Center
ID #20680	6/8-8/3	T, 6-6:30pm	4-5	\$33	Activity Center

## Tom Karpan Relays

Don't miss this special, annual track and field event for kids ages 5-14. Winners of qualifying events will be eligible to take part in the Iowa State Track and Field Meet in Marshalltown. Races will be grouped according to age (5, 6, 7, 8, 9-10, 11-12, 13-14) and gender. A participant's age is as of December 31, 2021. An award ribbon will be given for each heat/event. The fastest time or longest distance recorded for each event (ages 7-14) will be eligible to attend the State Track and Field Meet in Marshalltown in June. These participants will be notified by email on May 20 of their eligibility. Register at the event.



ID #16627	5/13	Th, 5:30-8pm	5-14	Free	Tiger Field (3650 Woodland Ave.)
-----------	------	--------------	------	------	----------------------------------

## Youth Archery Lessons

Does your child want to learn more about archery? Maybe they would benefit from some group archery lessons. Each lesson time will be limited to six archers. Lessons will be taught by a NASP certified teacher.

ID #20750	6/10-6/24	Th, 9-9:45am	10-13	\$21	Archery Facility
ID #20751	6/10-6/24	Th, 9:45-10:30am	10-13	\$21	Archery Facility
ID #21087	6/10-6/24	Th, 4-4:45pm	10-13	\$21	Archery Facility
ID #21088	6/10-6/24	Th, 4:45-5:30pm	10-13	\$21	Archery Facility

## Archery and the Outdoors

During this camp, your child will learn about archery equipment, safe archery techniques, and how to safely shoot competition-style archery. These classes will be taught by a certified NASP teacher. Your children will get a taste of the great outdoors and the opportunities it holds while at this half-day camp.

Level I	ID #20693	7/19-7/22	M-Th, 9am-12pm	10-13	\$44	Nature Lodge
Level II	ID #20698	7/19-7/22	M-Th, 1-4pm	10-13	\$44	Nature Lodge

## Explore Archery

This day will give you a "taste" of archery. You will learn the basics of target-style archery and have some outdoor fun in the process!

ID #20700	8/10	T, 9am-4pm	10-12	\$28	Nature Lodge
-----------	------	------------	-------	------	--------------

## Bike Bash

Does your child love to bike? If so, this may be the camp for them. They will spend three days exploring the bike trails of the metro. They will bike the trails of Greenwood Park, Waterworks Park, Jordan Creek Trail, Grays Lake, and the Principal Park Riverwalk. There will be lots of time for picnics, splashing in the creek, learning basic bike maintenance, and relaxing rides. Bike helmets required!



ID #20696	6/16-6/18	W-F, 9am-3pm	10-12	\$81	Nature Lodge
-----------	-----------	--------------	-------	------	--------------

## Cycle into Summer

Here is a camp for the younger child who loves to ride bikes! They will explore the bike trails of West Des Moines which are nice and flat, so one speed bikes (without training wheels) are ok for riding the 5-6 miles per day. This year, the Cycle into Summer bikers will have the opportunity to decorate their bikes and ride in the WDM Independence Day Parade on July 3. Please register for only one Cycle into Summer Camp session. Bike helmets are required.

ID #20694	6/14-6/15	M-T, 9am-1pm	7-9	\$40	Nature Lodge
ID #20681	7/1-7/2	Th-F, 9am-1pm	7-9	\$40	Nature Lodge

## Girls Rugby League

ID #15892	5/30-6/27	Su, 2-3pm	4-14	\$60	Location TBD
-----------	-----------	-----------	------	------	--------------

## Boys Rugby League

ID #15891	5/30-6/27	Su, 2-3pm	4-14	\$60	Location TBD
-----------	-----------	-----------	------	------	--------------

<https://jrrugby.leagueapps.com>

**\*Only 11-14 year old registrants will be instructed in tackling**

### WEEKLY SCHEDULE FOR BOTH GIRLS & BOYS

Week 1: Tackle instruction/tournament  
 Week 2: Tackle instruction/tournament  
 Week 3: Tackle instruction/tournament  
 Week 4: Tackle instruction/tournament  
 Week 5: Tackle instruction/tournament



## Recreation Hotline

For special program information and updates  
or weather-related cancellations call

**515.222.3500**

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444



## Burnt Marshmallow Day Camp

Each session of Burnt Marshmallow Day Camp is specifically designed for ages 4-6, with a variety of activities that include: games, songs, stories, sharing, crafts, visits from special guests, and field trips. Each camper receives a t-shirt with their registration. Burnt Marshmallow Day Camp is led by 3 staff members.

### STAR WARS

Join our crew and BLAST OFF into a week of high adventure! Our mission will be to explore far away galaxies and learn about outer space. We'll make our own light sabers and Darth Vader masks. This week's activities will allow your mind to travel into creative dimensions. Our special field trip will be to the Science Center of Iowa where we'll tour the planets and see the stars. "What on Earth..." could be better?

ID #20832 6/14-6/18 M-F, 9am-12pm 4-6 \$69 Pearson Park



### FROZEN



"Do you wanna build a snowman?" It may be summer outside, but our theme this week features things that are cold and FROZEN! Join us as we create various types of Olaf snowmen and feature some of the adventures of Anna, Elsa, Kristoff, and Sven. We'll focus on acts of kindness this week and make friendship bracelets. Our field trip will take us roller skating where it will be nice and cool inside. Join the FROZEN phenomenon as we feature activities from one of Disney's more popular movies.

ID #20709 6/21-6/25 M-F, 9am-12pm 4-6 \$69 Pearson Park

### LITTLE MERMAIDS AND WONDERFUL WHALES

This week, we will journey "Under the Sea" for a whale of a good time at the Pearson Park beach house! We'll make our own water slide and learn how to turn your backyard into a slippery, silly water wonderland. Pack your swim suits, and plan to get wet. The highlight of our week will be the private use of Valley View Aquatic Center including all the spray and splash features of the leisure pool!



ID #20707 6/28-7/2 M-Th, 9am-12pm 4-6 \$69 Pearson Park



### MICKY AND MINNIE'S CLUBHOUSE

"Oh, TODDLES!" Everything is more fun when Mickey and Minnie are involved! This week we'll explore the fascinating wonders of floating, flying, and bouncing objects. What goes up must come down. We'll play several games with balloons and balls and try to keep them up in the air. We'll fly a kite and make paper airplanes. See how high you can bounce and jump as you take flight at "Pump it UP" on Friday!

ID #20713 7/6-7/9 T-F, 9am-12pm 4-6 \$56 Pearson Park

## SUPERHEROES

NEW

Who is your favorite superhero? Is it someone on the front lines? A police officer, fire fighter, doctor, or a nurse? Or is it an action figure from the movies? Batman, Superman, Wonder Woman, or Mulan? Whoever it may be, join us for an action-packed week celebrating all kinds of SUPERHEROES! We will talk about superpowers and super characteristics, create and maneuver an obstacle course, and even design our own eye masks and capes. Our "super-awesome"-themed field trip will take us to Blank Park Zoo on Friday. A few local "superheroes" may just make a special appearance this week, too! No villains allowed.

ID #20711 7/12-7/16 M-F, 9am-12pm 4-6 \$69 Pearson Park



### TOY STORY

NEW



Join us for a fantastic, fun-filled journey through the eyes of our favorite TOY STORY characters this week! We will create our own adventures in the park and bring Woody and several of his friends along with us. We will create our own "mission" for Buzz Lightyear, "stretch" our body and our minds like Slinky Dog, dig up a few Dinosaurs, learn to be fearless like REX, and turn trash into treasures like Forky. Everything has a purpose, and our week will be filled with Toy Story FUN! Our Friday field trip will take us to Buzz Lightyear's favorite galactic place in the metro...The Science Center!

ID #20710 7/19-7/23 M-F, 9am-12pm 4-6 \$69 Pearson Park

### MY LITTLE PONY



Calling all cowpokes! Have you ever wondered what life would be like living on a farm? What type of animals would we see? We'll do plenty of "horsing around" this week as we create, discover, and imagine life in Ponyville. We'll feature a different Ponypal each day and discover why "Friendship is Magic!" Our field trip will take us out to the Jester Park Equestrian Center. Giddy Up!

ID #20712 7/26-7/30 M-F, 9am-12pm 4-6 \$69 Pearson Park

### ONCE UPON A TIME

Just as all good stories begin with the phrase, "Once Upon a Time...", so will our week. We're featuring several of our favorite prince and princesses this week as we discover the wonderful world of imagination. We'll build Cinderella's sandcastle and dress up like knights in shining armor. We'll have a tea party with Mrs. Pots and Chip and ride Aladdin's magic carpet. "Be Our Guest" on Friday as we will have private use of Holiday Aquatic Center including the spray features in the zero-depth leisure pool.

ID #20706 8/2-8/6 M-F, 9am-12pm 4-6 \$69 Pearson Park



To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444

## Canoe/Kayak Camp

Your child will spend two days learning about canoeing and kayaking. They will learn how to upright a capsized kayak and learn the teamwork of operating a canoe. This camp will fill fast, so sign up early! Please register for only one week of this camp.

ID #20691	8/2-8/3	M-T, 9am-2pm	11-13	\$48	Nature Lodge
ID #20702	8/5-8/6	Th-F, 9am-2pm	11-13	\$48	Nature Lodge



## Kids' Kayak Class **NEW**

Hey kids, come learn how to kayak! We'll outfit everyone with a kayak, paddle, and lifejacket and get everyone on the water. Tour along the shoreline with a certified instructor, learning basic strokes, maneuvers, and techniques to safely start kayaking. We'll introduce your first basic rescue, so please come prepared to get into the water!

ID #20970	7/12	M, 8:30-11am	8-15	\$33	Boathouse
-----------	------	--------------	------	------	-----------

## Kids' Stand Up Paddleboard Course **NEW**

Here is a great way for your child to learn the basics of stand up paddleboarding! We'll outfit everyone with a board, lifejacket, and paddle, and get everyone on the water for a quick introduction. Tour along the shoreline with a certified instructor while we cover basic SUP safety and an introduction to strokes. Children 9 and older can attend without an adult. Please dress to get wet.

ID #20966	8/9	M, 8:30-10am	9+	\$23	Boathouse
-----------	-----	--------------	----	------	-----------

## Camp FISH

This camp is for the child who really enjoys fishing and being outside! They will fish from several locations at Raccoon River Park, learn how to "care for their catch", and even get a taste of some fish they catch.

ID #20806	6/9-6/11	W-F, 9am-4pm	10-12	\$72	Nature Lodge
-----------	----------	--------------	-------	------	--------------

## Let's Go Fishing

You can't beat a summer day sitting next to Blue Heron Lake and fishing! Get out of the house and enjoy the summer as you learn about fish and some of the secrets to catching them. We have the poles and bait, so what's keeping you from joining the fun?!



ID #20812	7/7-7/9	W-F, 9am-12pm	7-9	\$42	Nature Lodge
-----------	---------	---------------	-----	------	--------------

## Explore - River Rats

Your child will have the time of their life exploring river sand bars and floodplain forests of the Raccoon River. A picnic lunch, complete with s'mores, will make this day of exploration unforgettable!



ID #20701	8/9	M, 9am-4pm	10-12	\$28	Nature Lodge
-----------	-----	------------	-------	------	--------------

## Mythbuster Camp

Can eggs cook on a sidewalk on a hot summer day? Can you dissolve a metal screw with cola? Is yawning contagious? Does spitting on a worm attract fish? Join our "mythbusters" team and put these and other myths to the test.

ID #20697	6/28-6/30	M-W, 9am-12pm	7-9	\$42	Nature Lodge
ID #20682	6/28-6/30	M-W, 1-4pm	8-10	\$42	Nature Lodge

## Wild for Water

Get your child ready to have lots of fun in the sun as they explore the water worlds around them. They will go fishing, hiking, and creek sloshing. Your child will get to try their hand at kayaking and spend a day at Valley View Aquatic Center. Water games and contests will add excitement as they learn and have fun at the same time!

ID #20699	6/21-6/25	M-F, 1-4pm	7-9	\$59	Nature Lodge
ID #20689	7/12-7/16	M-F, 1-4pm	9-11	\$59	Nature Lodge

## Water Adventure Camp

Join us for some water adventure! Your child will canoe, fish, kayak, hike, and cook out on a Raccoon River sand bar. (All participants must wear a life jacket during all water activities.) It's sure to be lots of fun. Registration is limited, so sign up early!

ID #20690	7/26-7/29	M-Th, 9am-4pm	11-13	\$98	Nature Lodge
-----------	-----------	---------------	-------	------	--------------

## Nature Explorers Camp

Join the WDM Parks and Recreation Department and the Iowa Department of Natural Resources as we co-sponsor this camp held at Walnut Woods State Park! Here, your child will explore their natural surroundings to find materials for some cool crafts. They will learn about nature with games, hikes, and songs. A cookout on Thursday will end this fun-filled week.

ID #20817	7/12-7/15	M-Th, 9am-12pm	6-8	\$44	Walnut Woods State Park Lodge
-----------	-----------	----------------	-----	------	-------------------------------

## Creepy Crawlers Camp

This week is for kids who love to hunt insects, pick up worms, and play in the creek! Your child will have lots of fun learning as we go on frog hunts, insect safaris, and look under every rock or trash can for "cool" critters.

ID #20692	6/23-6/25	W-F, 9am-12pm	6-8	\$42	Nature Lodge
-----------	-----------	---------------	-----	------	--------------



To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444



## Creative Geniuses Art

Draw, paint, and sculpt in this engaging, educational, student-led art program. Our theme this summer will be "Beach Themed". Our artist eyes and imaginations will be focusing on looking up at the beach, sand, and water. All while keeping a positive, uplifting attitude.



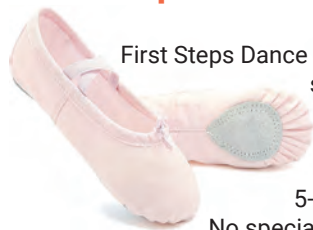
ID #20704	6/11	F, 11:15am-12:15pm	6-11	\$15	Activity Center
ID #20760	6/18	F, 11:15am-12:15pm	6-11	\$15	Activity Center
ID #20761	6/25	F, 11:15am-12:15pm	6-11	\$15	Activity Center

### PreK Art Play

ID #20703	6/11	F, 10:30-11am	3-5	\$12	Activity Center
ID #20758	6/18	F, 10:30-11am	3-5	\$12	Activity Center
ID #20759	6/25	F, 10:30-11am	3-5	\$12	Activity Center

[www.WeAreCreativeGeniuses.com](http://www.WeAreCreativeGeniuses.com)

## First Steps Dance Classes



First Steps Dance Classes are designed to introduce children to the fundamental skills of dance at a cost and time commitment that is minimal to parents. All classes are led by Josalynn Agnew, an instructor with many years of studio experience. 3-4 year olds will receive instruction in ballet and jazz. 5-7 year olds will receive instruction in ballet, jazz, and tap. No special shoes are required.

ID #20987	4/19-5/24	M, 5-5:30pm	3-4	\$39	Activity Center
ID #20988	4/19-5/24	M, 5:30-6:15pm	5-7	\$49	Activity Center
ID #20989	4/19-5/24	M, 6:15-6:45pm	3-4	\$39	Activity Center
ID #20990	4/20-5/25	T, 5-5:30pm	3-4	\$39	Activity Center

## Little Breakerz

This beginner breakdancing class will teach the basic foundations of breaking along with some history of Hip Hop culture. We will cover toprocking, footwork, freezes, transitions, and power in a fun and safe environment. Classes are led by Anthony San who has taught youth breakdancing around the metro for over five years.

\*No class on 5/30.

ID #16447	5/16-6/27*	Su, 3-3:45pm	4-6	\$40	Activity Center
ID #16449	5/16-6/27*	Su, 3:45-4:45pm	7-11	\$40	Activity Center
ID #16448	7/11-8/15	Su, 3-3:45pm	4-6	\$40	Activity Center
ID #16450	7/11-8/15	Su, 3:45-4:45pm	7-11	\$40	Activity Center



## Tallgrass Theatre Company

Tallgrass Theatre Company has been performing in West Des Moines since 2006 and re-launched their Seedlings children's theatre program in the summer of 2018. For more on Tallgrass Theatre Company's productions, visit [www.tallgrasstheatre.org](http://www.tallgrasstheatre.org).

### Play in a Week

Does your child have a flair for the dramatic? Here's a chance to get them involved in theater, without a long-term commitment. Led by experienced drama instructors, kids will bring an original, age-appropriate script to life. Throughout the week, they will work to develop their characters and interact with others to create the show, which will be based on this year's theme, "Snow White Four Ways". Each of the four camp sessions will tell part of the Snow White story from a different character's perspective. All four plays will be performed for family and friends on Friday night and Saturday morning at no charge (performance details to be provided at the beginning of camp). Families of AM camps are invited to a Friday 7pm performance, PM camps to a Saturday 10am performance.

<b>Queen's View</b>	ID #16599	7/26-7/30	M-F, 9am-12pm	7-16	\$90	Activity Center
<b>Grumpy's View</b>	ID #16598	7/26-7/30	M-F, 9am-12pm	7-16	\$90	Activity Center
<b>Bird's-Eye View</b>	ID #16600	7/26-7/30	M-F, 1-4pm	7-16	\$90	Activity Center
<b>Mirror's View*</b>	ID #16601	7/26-7/30	M-F, 1-4pm	10-16	\$90	Activity Center

\*Shadow puppet performance

### Fabulously Funny Fairy Tale Plays

**NEW**

Who doesn't love a good fairy tale? What if they aren't quite the stories we grew up with? Your child can show off their acting skills while telling the story of Little Red Riding Hood or Goldilocks and the Three Bullfrogs. Led by experienced drama instructors, this fun camp will teach kids about all the different aspects of being in a play, from auditioning to memorizing lines and picking costumes and props. This week-long camp will culminate in a free performance for family and friends on Saturday, 10/7, at 6 pm, at the Jamie Hurd Amphitheater (performance details will be provided at the beginning of camp).

ID #16602	8/2-8/6	M-F, 9am-12pm	7-16	\$90	Activity Center
ID #16603	8/2-8/6	M-F, 1-4pm	7-16	\$90	Activity Center



## Summer Arts Camp

**NEW**



Join us in Historic Valley Junction for a week packed with a variety of interesting fine arts activities. This summer's camp will be led by the team of professional artists from Kunzler Studios and will include ceramics, drawing & painting, printmaking, sculpture, dance/movement, and storytelling through songwriting and painting. In addition to lots of fun, hands-on activities, we will incorporate art history and art as a career with mini field trips to local art businesses. The week will culminate with a Friday night concert and art exhibit.

ID #16426	7/26-7/30	M-F, 9am-12pm	6-8	\$99	Activity Center
ID #16427	7/26-7/30	M-F, 1-4pm	9-13	\$99	Activity Center

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444

## Start Smart Programs



**\*Please note that Start Smart Programs are not competitive game settings**

**\*A parent is required to attend and participate each week**

Start Smart Programs will be held once a week for 5 weeks, and each week the exercises become increasingly more difficult as the class progresses and the children show improvement. All supplies needed for Start Smart Programs are provided at the first class and are included in the program fee.

### Tennis

ID #20939	5/31-6/28	M, 5:30-6:30pm	5-7	\$55	Jaycee Park
ID #20660	7/5-8/2	M, 5:30-6:30pm	5-7	\$55	Jaycee Park

### Soccer

ID #20942	6/1-6/29	T, 5:30-6:30pm	3-4	\$60	Peony Park
ID #20941	6/1-6/29	T, 6:30-7:30pm	5-6	\$60	Peony Park
ID #20940	7/6-8/3	T, 5:30-6:30pm	3-4	\$60	Peony Park
ID #20659	7/6-8/3	T, 6:30-7:30pm	5-6	\$60	Peony Park



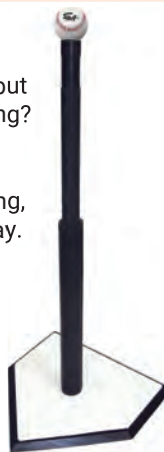
### Baseball

ID #20944	6/2-6/30	W, 5:30-6:30pm	3-4	\$60	Willow Springs Park
ID #20945	6/2-6/30	W, 6:30-7:30pm	5-6	\$60	Willow Springs Park
ID #20663	7/7-8/4	W, 5:30-6:30pm	3-6	\$60	Willow Springs Park

### PeeWee T-Ball

Are you looking for a way to introduce softball or baseball to your 5-7 year old but don't want to enroll them in a program that is too competitive or time-consuming? Register them for our youth sports program, PeeWee T-Ball. This program is designed as a fun way for children to learn the basics of softball and baseball. Our staff will help guide each team through the fundamentals of hitting, catching, fielding, and base running. Teams are determined upon arrival each night of play.

ID #20947	6/3-7/1	Th, 5:30-6:30pm	5-6	\$55	Legion Park
ID #20946	6/3-7/1	Th, 6:30-7:30pm	6-7	\$55	Legion Park
ID #20662	7/8-8/5	Th, 5:30-6:30pm	5-6	\$55	Legion Park
ID #20661	7/8-8/5	Th, 6:30-7:30pm	6-7	\$55	Legion Park



### Youth Golf Lessons

Whether you are an experienced golfer or just starting out, this class can help you. Group instruction will be provided along with individual instruction as needed. Lessons are held at West Grand Golf. Amenities include target greens, putting greens, and practice bunkers. Participants will learn putting, chipping, iron play, woods and/or metals. Registrants will need to bring all clubs to the first class.

ID #21126	TBD	TBD	8-17	\$55	West Grand Golf (6450 Raccoon River Dr)
-----------	-----	-----	------	------	--------------------------------------------

## Youth Tennis Lessons

Youth Tennis Lessons are from beginner to advanced skill levels and will feature fun, skill development, footwork, games, and lots of hitting.

**\*Location: Crossroads Park Tennis Courts**

### Tennis Director - Bunny Bruning

Bunny played on the WTA Professional Tour for 9 years and acquired ranking of #41 in singles and #8 in doubles. She has been a USPTA professional since 1987 and has been teaching and coaching for over 30 years.

### Little Champs

3-4 yrs. old	ID #20671	6/14-7/1	M-Th, 8:30-9am	\$72
	ID #20675	7/12-7/29	M-Th, 8:30-9am	\$72
*Child will receive a new tennis racket	ID #20676	8/2-8/12	M-Th, 8:30-9am	\$48

### Future Stars

5-7 yrs. old	ID #20717	6/12-6-26	Sa, 9-10am	\$36
	* ID #20695	6/14-7/1	M-Th, 9-10am	\$144
*Child will receive 2 orange-dot balls	ID #20718	6/14-6/30	M & W, 5-6pm	\$72
	* ID #20705	7/12-7/29	M-Th, 9-10am	\$144
	ID #20735	7/12-7/28	M & W, 5-6pm	\$72
	ID #20741	7/17-7/31	Sa, 9-10am	\$36
	* ID #20714	8/2-8/12	M-Th, 9-10am	\$96

### Aces

8-12 yrs. old	ID #20732	6/12-6-26	Sa, 10-11am	\$36
	ID #20728	6/14-7/1	M-Th, 10-11:30am	\$216
	ID #20733	6/14-6/30	M & W, 6-7pm	\$72
	ID #20729	7/12-7/29	M-Th, 10-11:30am	\$216
	ID #20736	7/12-7/28	M & W, 6-7pm	\$72
	ID #20742	7/17-7/31	Sa, 10-11am	\$36
	ID #20731	8/2-8/12	M-Th, 10-11:30am	\$144

### Teens

13-18 yrs. old	ID #20737	6/14-7/1	M-Th, 11:30am-1pm	\$216
	ID #20738	7/12-7/29	M-Th, 11:30am-1pm	\$216
*Teens will receive a package of overgrips	ID #20739	8/2-8/12	M-Th, 11:30am-1pm	\$144

## WDM Youth Sports Organizations

Youth sports in West Des Moines are coordinated by a variety of organizations. The organizations below have User Agreements with the City of West Des Moines that allow their organizations to utilize City property. Registrations for 2021 summer activities are now open.

Contact each organization directly for complete information to get your child registered.

Information on a variety of other sports organizations can be found at

[www.wdm.iowa.gov/YouthSports](http://www.wdm.iowa.gov/YouthSports).

**WDM Soccer**

[www.wdmisc.org](http://www.wdmisc.org)

515.992.9367

**WDM Girls Softball**

[wdmgshelp@gmail.com](mailto:wdmgshelp@gmail.com)

**Youth Baseball at Holiday Park**

[www.oblofwdm.com](http://www.oblofwdm.com)

515.987.0806

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call **515.222.3444**

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call **515.222.3444**



**Youth Tech Inc.**

Youth Tech Inc., in cooperation with Des Moines Area Community College West

Campus's Celebrate! Innovation program, is an interactive computer camp provider that focuses on enrichment opportunities for students in the world of computers. With a caring environment at the core of camp values, Youth Tech Inc. strives to create a positive learning community that encourages creativity, fun, and academic excellence. For more information about Youth Tech Inc. please visit [www.youthtechinc.com](http://www.youthtechinc.com).

**Video Game Design**

ID #20640	6/8-6/11	T-F, 1-4pm	10-17	\$175	DMACC West Campus
ID #20641	7/12-7/16	M-Th, 9am-12pm	10-17	\$175	DMACC West Campus

**Robotics/Battle Bots**

ID #20644	6/8-6/11	T-F, 9am-12pm	9-15	\$160	DMACC West Campus
ID #20645	7/19-7/22	M-Th, 1-4pm	9-15	\$160	DMACC West Campus

**Animation**

ID #20650	6/21-6/24	M-Th, 1-4pm	9-17	\$160	DMACC West Campus
-----------	-----------	-------------	------	-------	-------------------

**Roblox Studio - Programming & Game Development**

ID #20653	6/14-6/17	M-Th, 1-4pm	9-15	\$155	DMACC West Campus
ID #20652	7/26-7/29	M-Th, 9am-12pm	9-15	\$155	DMACC West Campus

**iCode**

ID #20655	6/21-6/24	M-Th, 9:30am-12pm	6-12	\$125	DMAAC West Campus
-----------	-----------	-------------------	------	-------	-------------------

**Gamers Paradise**

ID #20657	8/2-8/5	M-Th, 9:30am-12pm	6-13	\$150	DMACC West Campus
-----------	---------	-------------------	------	-------	-------------------

**Application Design**

ID #20656	8/2-8/5	M-Th, 1-4pm	9-17	\$155	DMACC West Campus
-----------	---------	-------------	------	-------	-------------------

**iMobile Game Design**

ID #20642	6/28-7/1	M-Th, 9:30am-12pm	6-12	\$120	DMACC West Campus
-----------	----------	-------------------	------	-------	-------------------

**3D Game Design**

ID #20646	7/12-7/15	M-Th, 1-4pm	10-17	\$160	DMACC West Campus
-----------	-----------	-------------	-------	-------	-------------------

**Movie Makers**

ID #20649	7/19-7/22	M-Th, 9am-12pm	9-15	\$150	DMACC West Campus
-----------	-----------	----------------	------	-------	-------------------

**Young Engineers**

ID #20643	6/28-7/1	M-Th, 1-3:30pm	6-12	\$120	DMACC West Campus
-----------	----------	----------------	------	-------	-------------------

**iGame Creator**

ID #20648	6/14-6/17	M-Th, 9:30am-12pm	6-10	\$125	DMACC West Campus
-----------	-----------	-------------------	------	-------	-------------------

**The Gaming Academy**

ID #20654	7/12-7/15	M-Th, 9am-4pm	10-17	\$305	DMACC West Campus
-----------	-----------	---------------	-------	-------	-------------------

**Graphic Design**

ID #20651	7/26-7/29	M-Th, 1-4pm	9-17	\$150	DMACC West Campus
-----------	-----------	-------------	------	-------	-------------------

**Babysitters Course**

The Red Cross Babysitters course will provide participants with the knowledge and skills to safely and responsibly care for children and infants. Participants will learn how to build a babysitting business, develop leadership skills, and how to keep themselves and others safe. They will also learn some basic information about First Aid and CPR. Each participant will receive a babysitting training set which includes a manual, a pocket emergency reference guide, and a cd with helpful resources. It's a great way to say, "Let me babysit for you."

Please bring a lunch and be sure to wear comfortable clothes.

ID #20665	5/8	Sa, 9:30am-4:30pm	11-16	\$60	Activity Center
ID #20664	7/10	Sa, 9:30am-4:30pm	11-16	\$60	Activity Center
ID #20726	8/14	Sa, 9:30am-4:30pm	11-16	\$60	Activity Center

**Lessons at Legion****NEW**

In this class, students will work on riding, pushing, kick-turns, and getting comfortable on the board. There will be different ability levels with some geared toward the more avid skateboarders looking to learn a little more technical style and advanced tricks. This course will be led by Donnie Brookes, a local skateboarder with 14+ years of experience in park and street skateboarding. Skateboards only. All participants must bring their own skateboard and helmet.



<b>Beginner</b>	ID #20955	6/5-6/26	Sa, 8-9am	7-18	\$45	Legion Park
<b>Intermediate</b>	ID #20956	6/5-6/26	Sa, 9-10am	7-18	\$45	Legion Park
<b>Beginner</b>	ID #20957	8/7-8/28	Sa, 8-9am	7-18	\$45	Legion Park
<b>Intermediate</b>	ID #21122	8/7-8/28	Sa, 9-10am	7-18	\$45	Legion Park

**NEW****Cirque Camp**

Enhance balance, flexibility, strength, coordination, and confidence with circus arts! Throughout the week, students will learn traditional and modern circus arts including; acrobatics, balancing, prop manipulation, juggling, hooping, and aerial arts. The camp is led by professional circus artists from Cirque Wonderland at 105 S. 11th Street in WDM. Camp finishes the week with an informal performance for parents/adults on Friday at 5pm. Performance links will be available for parents/adults to share with friends and family. All participants receive a certificate upon completion. Participants should bring a sack lunch and a bottle of water each day.

ID #20747	6/14-6/18	M-F, 8:30am-4:30pm	8-13	\$399	Cirque Wonderland
-----------	-----------	--------------------	------	-------	-------------------

**Intro to Circus Arts**

Enhance balance, flexibility, strength, coordination, and confidence with circus arts! Students will be introduced to traditional and modern circus arts each week including; acro/balancing, prop manipulation, hooping, and aerial arts. Classes are taught by professional circus artists from Cirque Wonderland out of Valley Junction.

<b>YOUTH</b>	ID #20745	6/7-6/28	M, 4:30-5:15pm	8-13	\$100	Nature Lodge
--------------	-----------	----------	----------------	------	-------	--------------

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call **515.222.3444**

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call **515.222.3444**

Iowa Stage Theatre Company transforms Iowa, its citizens, and arts community by producing truthful, relevant, and intimate theatre that inspires, enlightens, and entertains.



## Basic Acting

ID #16594	5/22-6/19*	Sa, 10am-1pm	16+	\$75	Activity Center
ID #16595	7/10-7/31	Sa, 10am-1pm	16+	\$75	Activity Center

## Advanced Acting-Scene Study

ID #16596	7/10-7/31	Sa, 2-5pm	16+	\$75	Activity Center
-----------	-----------	-----------	-----	------	-----------------

## Acting Shakespeare

ID #16592	5/15	Sa, 10am-1pm	16+	\$30	Activity Center
-----------	------	--------------	-----	------	-----------------

## Writing for Stage & Screen

ID #16597	5/22-6/19*	Sa, 2-5pm	16+	\$75	Activity Center
-----------	------------	-----------	-----	------	-----------------

## Auditioning

ID #16593	6/26	Sa, 10am-1pm	16+	\$30	Activity Center
-----------	------	--------------	-----	------	-----------------

\*No class on 5/29.

## Craft Craze Classes

Are you looking to get out of the house and get your creative juices flowing? If so, you may want to sign up for a Craft Craze Class. During each class you will leave with a finished or nearly finished item great for decoration or for gifts.

### Faux Flower Crown

**NEW**

Kick off the spring and summer with a trendy flower crown! We will be using faux flowers to keep your crown looking fresh all season long. Make one for yourself or as a perfect Mother's Day gift.

ID #16604	5/5	W, 5:30-7:30pm	14+	\$25	Nature Lodge
-----------	-----	----------------	-----	------	--------------

### Mosaic Photo Frame

**NEW**

We will be decorating a picture frame with a colorful mosaic using beads and other mixed materials. Create your own design or use a pre-made one. You will take home a personalized keepsake for a treasured photo.

ID #16605	8/4	W, 5:30-7:30pm	14+	\$25	Nature Lodge
-----------	-----	----------------	-----	------	--------------



## Intro to Circus Arts

Enhance balance, flexibility, strength, coordination, and confidence with circus arts! Students will be introduced to traditional and modern circus arts each week including; acro/balancing, prop manipulation, hooping, and aerial arts. Classes are taught by professional circus artists from Cirque Wonderland out of Valley Junction.

<b>ADULT</b>	ID #20746	6/7-6/28	M, 5:30-6:15pm	14+	\$100	Nature Lodge
--------------	-----------	----------	----------------	-----	-------	--------------

## Ballroom Dancing

Instructors: Jim and Suzi Benjamin

Questions? [DanceInfo@DesMoinesDance.org](mailto:DanceInfo@DesMoinesDance.org)

### Level I & II

Dances taught: Foxtrot, Swing (East Coast) Waltz, Rumba, Tango & Cha Cha

ID #20721	6/13-8/8	Su, 12:30-1:30pm	16+	\$80	Activity Center
ID #20723	6/17-8/12	Th, 6:45-7:45pm	16+	\$80	Activity Center

### Level II & III

Prerequisite: Level I or equivalent dance experience; Couples only

ID #20724	6/13-8/8	Su, 1:30-2:30pm	16+	\$80	Activity Center
-----------	----------	-----------------	-----	------	-----------------

### Level III & IV

Prerequisite: Level I & II or equivalent dance experience; Couples only

ID #20725	6/14-8/9	M, 6:45-7:45pm	16+	\$80	Activity Center
-----------	----------	----------------	-----	------	-----------------

## Forest Bathing - Shinrin-Yoku

Join us for a 2-hr forest bathing walk led by Brandy Case Haub of Intertwined Nature + Forest Therapy. Forest bathing boosts immunity, lowers blood pressure and stress hormones, prevents and relieves stress and anxiety, and increases cognitive functioning. Guided forest bathing walks are appropriate for all ages and abilities: less than a ½ mile is covered on each walk. Guides use techniques to support participants in entering a state of embodied awareness, moving through a series of "invitations" to support participants in tuning into each of their senses, allowing participants to move into a liminal space and experience resulting wellness benefits.

ID #20835	3/27	Sa, 1-3pm	16+	\$20	Southwoods Park
ID #20844	4/22	Th, 6-8pm	16+	\$20	Raccoon River Park
ID #20845	6/15	T, 6-8pm	16+	\$20	Raccoon River Park
ID #20846	7/13	T, 6-8pm	16+	\$20	Raccoon River Park
ID #20847	8/21	Sa, 9-11am	16+	\$20	Raccoon River Park

## Poker Skills

This class focuses on beginning players, giving them more tools to hone their skills and strategy. We will discuss mathematical calculations, "tells", and more, sharpening the mental maneuvering required to win. Each class will begin with a brief discussion of poker's rich history, the lessons of its most esteemed players, and some of the theories and strategies that have emerged over time. We'll then devote the majority of the class period to practice in both ring and tournament style play. **Please note that this class is intended to teach technique only, and NO real money will be on the table.**



ID #16487	5/11-6/15	T, 6:30-9pm	18+	\$25	Nature Lodge
-----------	-----------	-------------	-----	------	--------------

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444



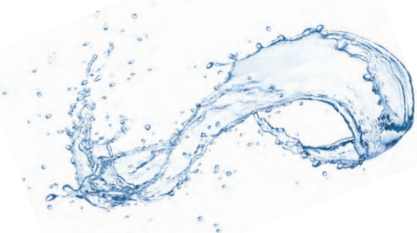
## Zumba Fitness

Perfect for everybody and every body! Each Zumba class is designed to bring people together to sweat it on. We take the "work" out of workout by mixing low and high intensity moves for an interval-style, calorie-burning dance fitness party. Zumba is a total workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of awesome each time you leave class.

**Instructor: Eva Otanez 515.419.9523**

ID #20755	5/31-7/1	M, W, Th, 5:15-6:15pm	18+	\$75	Activity Center
ID #20756	7/12-8/26	M, W, Th, 5:15-6:15pm	18+	\$95	Activity Center

Punch Card Option: 10 classes for \$60  
Purchase at the Activity Center



## Tsunami Balance Board Water Fitness

Tsunami Fitness offers a safe and fun workout, designed to grow core and joint stabilization, improve your over-all fitness level, prevent injury through increased proprioception, and burn calories.

ID #20764	6/7-6/30	M & W, 5:45-6:30pm	18+	\$48	Valley View Aquatic Ctr.
ID #20766	6/8-7/1	T & Th, 5:45-6:30pm	18+	\$48	Valley View Aquatic Ctr.
ID #20765	7/5-7/28	M & W, 5:45-6:30pm	18+	\$48	Valley View Aquatic Ctr.
ID #20767	7/6-7/29	T & Th, 5:45-6:30pm	18+	\$48	Valley View Aquatic Ctr.

## Stand Up Paddleboard Basics



Come learn the basics of stand up paddleboarding! We'll outfit everyone with a board, lifejacket, and paddle and get everyone on the water for a quick introduction. Tour along the shoreline with a certified instructor while we cover basic SUP safety and an introduction to strokes. Please dress to get wet!

ID #20961	6/13	Su, 8:30-10am	15+	\$23	Raccoon River Park
ID #20965	7/16	F, 6-7:30pm	15+	\$23	Raccoon River Park

## Stand Up Paddleboard Yoga

**NEW**

This drop-in program will let you experience the tranquil movements of yoga while out on the water. The class is for beginners, and the goal is to have a fun and relaxing time. Board and lifejacket rental is included with the cost. The \$12 fee is collected prior to each class. Dress to get wet!

Drop-in	7/6-7/27	T, 6:30-7:30pm	15+	\$12	Boathouse
---------	----------	----------------	-----	------	-----------

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444

## Tai Chi

**NEW**

How would you like to improve your posture, balance, flexibility, strength and mental health? You might want to try this Tai Chi class for beginners. This class will be held on the patio of the Nature Lodge where our instructor, Canh Hua, will teach you some basic Tai Chi forms that you can continue to practice long after this class is over. Canh Hua has Tai Chi for Arthritis certification and has practiced Tai Chi since 2013.

ID #20848	5/9-6/6	Su, 9-10am	18+	\$15	Nature Lodge
-----------	---------	------------	-----	------	--------------

## Yoga with Jayla

There is a great need in the world today for stress management. Most people suffer from a tremendous amount of stress and pressure due to the demands of their jobs/careers/lives. Yoga with Jayla is a yoga workshop for people in the community so that they can reap the various benefits of yoga. It has been medically proven that yoga releases stress and tension from the nervous system, and this in turn enhances a person's ability to cope with the increasing pressures of modern day living. Yoga does this by providing deep relaxation to the body and the mind through its ancient breathing techniques and physical postures/exercises. So what are you waiting for? Get started sharpening your mind, body, and soul! To keep up to date on classes visit [www.facebook.com/yogawithjayla](http://www.facebook.com/yogawithjayla).

**M, W, F 6-7pm; Sa 10-11am**

ID #20754	5/1-5/16	M, Th, Sa, Su	18+	\$50	Activity Center
ID #20715	6/2-6/30	M, W, F, Sa	18+	\$80	Activity Center
ID #20720	7/7-7/31	M, W, F, Sa	18+	\$80	Activity Center
ID #20716	8/2-8/30	M, W, F, Sa	18+	\$80	Activity Center

Punch Card Option: 10 classes for \$60  
Purchase at the Activity Center

## Turn Up Fitness

Turn Up is a fun, high-cardio dance class using your favorite hip-hop and pop songs from the 90's through today. It uses high intensity interval training in an empowering and judgment-free setting. You will be having so much fun, you'll forget you are working out! More at [www.facebook.com/turnupjackie](http://www.facebook.com/turnupjackie).

ID #20762	5/5-6/25	W & F, 6-7pm	18+	\$80	Activity Center
ID #20763	7/7-8/27	W & F, 6-7pm	18+	\$80	Activity Center

## Archery, Give it a "Shot"

This class is designed for adults who have wanted to try archery but have never had the chance. Old or young, come join the archery fun. We will provide the archery equipment. You will need to provide the adventuresome spirit!

ID #20719	5/27	Th, 5:45-7pm	18+	\$3	Raccoon River Park
ID #20748	6/17	Th, 5:45-7pm	18+	\$3	Raccoon River Park
ID #20749	7/14	W, 9:30-10:45am	18+	\$3	Raccoon River Park

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444

## Kayak Class **NEW**

Come learn how to kayak. We'll outfit everyone with a kayak, paddle, and lifejacket and get everyone on the water. Tour along the shoreline with a certified instructor, learning basics strokes, maneuvers, and techniques to safely start kayaking. We'll introduce your first basic rescue, so please come prepared to get into the water. Children under 15 must have an adult present in the class.

ID #20968	7/10	Sa, 6-8:30pm	9+	\$33	Boathouse
ID #20969	8/13	F, 8:30-11am	9+	\$33	Boathouse

## Full Moon Kayak Tour **NEW**

Relax and enjoy a warm summer evening on the water. Paddle along the shoreline and enjoy the views of the setting sun and the rising of the full moon. We'll fully outfit you with a kayak, paddle, lifejacket, and stern light. A participant is **REQUIRED** to bring their own headlight.



To register for this program please go to [Canoe Sport Outfitters web page](http://Canoe Sport Outfitters web page).

7/23	F, 8-10pm	18+	\$25	Boathouse
8/22	Su, 7:30-9:30pm	18+	\$25	Boathouse

## Horseshoe Pitching League

This coed league is designed for all levels of ability (players will be handicapped). Prizes and a traveling trophy will be awarded. Free pitching instruction available throughout the week.



**\*\$3 league fee due on 2nd night of play; call 681-1937 or just show up to play**

5/5-7/28	W, 6:30-8:30pm	12+	\$3 league fee*	Holiday Park Horseshoe Courts
----------	----------------	-----	-----------------	-------------------------------

Do you love softball, volleyball, kickball, basketball, or flag football but just moved to town or don't have a team to play with? Anyone interested in playing in any of our leagues can go to [www.teamsideline.com/WestDesMoines](http://www.teamsideline.com/WestDesMoines) to sign up. We can't guarantee you will be placed on a team, but past response has been positive.



## Recreation Hotline

For special program information and updates or weather-related cancellations call

**515.222.3500**



## Adult Golf Lessons

Whether you are an experienced golfer or just starting out, this class can help you. Group instruction will be provided along with individual instruction as needed. Lessons are held at West Grand Golf and amenities include: target greens, putting greens and practice bunkers. Participants will learn putting, chipping, iron play and woods and/or metals. Registrants will need to bring all clubs to the first class.

ID #21125	TBD	TBD	18+	\$55	West Grand Golf (6450 Raccoon River Dr)
-----------	-----	-----	-----	------	--------------------------------------------

## Adult Tennis Lessons

These are lessons for adults (18+) who are new to tennis, as well as those who have advanced skills. Lessons will focus on improving student stroke, technique, skills, footwork, strategy, and match play. Courts and students will be organized by ability and experience to maximize student improvement and enjoyment.

ID #20638	6/15-7/1	T & Th, 6-7pm	18+	\$72	Crossroads Park
ID #20639	7/13-7/29	T & Th, 6-7pm	18+	\$72	Crossroads Park
ID #20647	8/3-8/12	T & Th, 6-7pm	18+	\$48	Crossroads Park

## Wheelchair Tennis Lessons **NEW**

These lessons will focus on basic drop-ball hitting. Drills will focus on hitting and moving for tennis with basic progressions.

ID #20743	6/14-7/1	M, 6-7pm	12+	\$36	Crossroads Park
ID #20744	7/12-7/29	M, 6-7pm	12+	\$36	Crossroads Park

## Coed Badminton Open Gym

Drop in for pick-up badminton matches.

**\*Participants under 18 must be accompanied by a parent or legal guardian**

2/21-9/26	Su, 2:30-5pm	18+	\$2 res/\$3 non-res	Valley Southwoods
-----------	--------------	-----	---------------------	-------------------

## Adult Coed Touch Rugby

An informational meeting/open play will take place on the first Wednesday of each session at 6:15pm. At this meeting, we will explain the team organization process and answer questions about the league. We will also allow time for open play. All teams are required to have one woman playing on the field at all times. Please bring a light and dark shirt or reversible jersey. Teams will be determined by ability and teammate preference. There will be a minimum of 10 games played in the 5-week season. Games last approximately 15 minutes.

**\*Babysitting by the Des Moines Rugby League is available for an extra \$5**

ID #16014	5/26-6/23	W, 6:15-8:45pm	18+	\$20	DM Rugby Club (120 39th St, WDM)
ID #16015	8/18-9/15	W, 6:15-8:45pm	18+	\$20	DM Rugby Club (120 39th St, WDM)



To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call **515.222.3444**

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call **515.222.3444**



# Raccoon River Park Softball Complex

2500 Grand Avenue

515.222.3453

## General League Info

### Deadline to Apply

Thursday, April 1, by 4pm

### Game Times

Generally 6:15-9:15pm

### Register at

[www.teamsideline.com/WestDesMoines](http://www.teamsideline.com/WestDesMoines)

## Double Header Recreation League - Player Umpired

This is a recreational 12" slow pitch softball league. Teams play a 14 game round-robin, doubleheader schedule. Carpet is used to call balls and strikes. Players umpire their own game.

Men's Monday	4/19 start date	18+
Men's Wednesday	4/21 start date	18+
Coed Wednesday	4/21 start date	18+
Team Fee: \$272 + tax		

## Double Header Commercial League

This is a competitive 12" slow pitch softball league. Teams play a 14 game round-robin, doubleheader schedule. Games are staffed with one umpire and an official score keeper.

Men's Tuesday B	4/20 start date	18+
Men's Tuesday C	4/20 start date	18+
Men's Sun. 50+	4/25 start date	50+
Team Fee: \$425 + tax		

## Double Header Recreation League - Staff Umpired

This is a recreational 12" slow pitch softball league. Teams play a 14 game round-robin, doubleheader schedule. Carpet is used to call balls and strikes. All games are staffed with an umpire.

Men's Monday	4/19 start date	18+
Men's Wednesday	4/21 start date	18+
Men's Thursday	4/22 start date	18+
Team Fee: \$425 + tax		

## Coed Recreation League

This is a recreational 12" slow pitch coed softball league. Teams play a 6 game schedule. Games are staffed with an official score keeper. Carpet is used to call balls and strikes. Players umpire their own game.

Coed Thursday	4/22 start date	18+
Coed Sunday	4/25 start date	18+
Team Fee: \$198 + tax		

## Adult 60+ Drop-In Softball

Players who are 58 and older (must turn 58 by 12/31/21) can now drop in, split up into teams and play softball. No pre-registration necessary. Just show up to play!

4/13-10/21 T & Th, 10am-12pm 58+ \$2 res/\$3 non-res Raccoon River Park

## Coed Kickball League

4/19 Registration Deadline

**SPRING LEAGUE** Coed Kickball League will play this spring at Raccoon River Park Softball Complex. Leagues are offered on Sundays or Tuesdays and start the week of April 26. Call 515.222.3453 for registration information. Team Fee: \$198 + tax



## 50+ Draft Softball League

This is a recreational 12" slow-pitch softball league for those over 50 years old. Teams play a 9 game schedule. All games are staffed with an umpire and an official score keeper. All attempts will be made to form teams by balancing ages and abilities.

Spring	ID #20622	4/21	W, 6-9pm	50+	\$30	Raccoon River Park
Summer	ID #20623	6/23	W, 6-9pm	50+	\$30	Raccoon River Park
Both	ID #20621	4/21	W, 6-9pm	50+	\$55	Raccoon River Park

## Sand Volleyball League

4/15 Registration Deadline

This is a non-officiated, "call your own" league. Teams will play a 7-match round-robin schedule. Power "A" is the higher competition level. Power "C" is the lower competition level.

Register at [www.teamsideline.com/WestDesMoines](http://www.teamsideline.com/WestDesMoines)



Starts 5/3 Su-Th, 6:15-10:30pm 18+ \$155/team + tax Valley View Park

## ADULT ATHLETIC LEAGUE TEAM ACCEPTANCE POLICY

The Adult Athletic League Team Acceptance Policy applies to all adult athletic leagues. The order of priority is as follows:

- 1.) Returning Teams = Teams having at least 51% of last season's roster.
  - A.) Teams who participated in the league the previous season.
  - B.) Teams who participated in the league the previous year.
  - C.) Teams may be placed in another division by the Parks and Recreation Department to equalize competition.
- 2.) New Teams = Teams that did not participate in the league the previous season or year.
- 3.) Late Teams = Any team that does not meet the established deadlines will be accepted at the Department's discretion. If more teams apply than we have space for, priority will be given to teams with the highest percentage of players on their roster residing within the city of West Des Moines School District in all cases except softball and kickball, where City boundaries apply.

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444

# REGISTRATION STARTS ON TUESDAY, MARCH 2, AT 8AM

## A Day at Omaha's Henry Doorly Zoo



Spend the day at one of the nation's finest zoos! We'll enjoy a leisurely day visiting the Scott Aquarium; the Lied Jungle; the largest indoor desert in the world, the Desert Dome; and Kingdoms of the Night, the world's largest nocturnal exhibit. Your day will include your admission ticket to the zoo and transportation. There are many concessions available as well as the Tree Tops Restaurant,

overlooking the Lied Jungle. Lunch will be on your own today, at your own pace and time. If you decide to watch an IMAX show, that admission would be your responsibility. "We're going to the Zoo! How about you?"

ID #20951    6/16    W, 7am-5pm    55+    \$44    Valley West Mall (SE corner)

## Lady of the Lake

"All Aboard for Adventure!" We're off to the beautiful community of Clear Lake today. This relaxing day by the lake will include free time for shopping downtown and a luncheon cruise on "The Lady of the Lake". This double-deck, stern-wheeler riverboat, with an upper sun deck for viewing, will be a splendid way to enjoy the day. Come experience the charm of this Main Street community and take a deep breath of the fresh, lakeside air!



ID #20952    7/13    T, 8am-5pm    55+    \$64    Valley West Mall (SE corner)

## Discovering the ART in DysART

Get ready for "small town hospitality" today as we travel to DysART for a fun-filled, fabulous day appreciating ART. Upon arrival, we'll be welcomed by the Dysart Hospitality And Tour Team (AKA: HAT Team). We'll visit the artwork at Zion Lutheran church where beautiful, new, modern stained glass art pieces are on display. The Garden Blacksmith will give a unique presentation on welded artworks. Stops will also include "natural art" at Pat's Potting Shed and the Rose Garden. After lunch, be sure to check out the Dysart Gorge! It may be Iowa's first anamorphic illusion on pavement! This new piece of art, painted on Main Street, is meant to look like you're driving off a cliff. Upon departure from Dysart, we will travel to Traer to visit the Salt and Pepper Shaker Gallery. Join us, and be ART inspired!



ID #20953    8/16    Th, 7am-5:30pm    55+    \$52    Valley West Mall (SE corner)

**These trips generally fill quickly, so please register early.**  
**Space is limited.**  
**All day trips are open to people 55 years old and over.**

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444

# PROGRAM REGISTRATION FORM

## Account Primary Contact

First Name

Last Name

Birth-date

Phone

Mailing Street Address

Email

City, State, Zip Code

Card Number

CVC

Exp. Date

## Registration Information

Participant First Name	Participant Last Name	Birth-date	Course ID #	Fee

\* Please make checks payable to the City of West Des Moines

### Drop Off

WDM Parks & Rec. Admin. Office  
4200 Mills Civic Parkway  
West Des Moines, IA 50265

### Mail To

WDM Parks & Rec. Dept.  
PO Box 65320  
West Des Moines, IA 50265

### Scan & Email To

[parkrec@wdm.iowa.gov](mailto:parkrec@wdm.iowa.gov)

### Fax To

515.222.3459

## WDM Parks & Recreation Department Waiver and Release of Liability

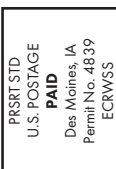
In consideration of my own or my child's participation in the Parks and Recreation (hereinafter referred to as "P&R") program or activity through the City of WDM, Iowa (hereinafter referred to as "City"), we hereby release the City, its officials, employees, representatives, and agents from any and all accidents, injuries, damages, or losses received by my child or myself through the P&R program that have not been caused by negligence attributable to the City. I also agree and acknowledge that the City is not responsible for any intentional or reckless actions of the City's officials, employees, representatives, and agents since those actions are the sole conduct of the responsible individual(s). I further agree and acknowledge that this release of liability is full, complete, and comprehensive, and it covers all accidents, injuries, damages, or losses, known or unknown, and any and all costs related thereto arising out of or otherwise related to my child's participation or my own participation in programs or activities, and that this release is binding upon our heirs, successors, and assigns. We certify that my child and/or myself has received a proper physical examination within the past year and that we are physically able to participate in all P&R activities. We understand that it is our obligation to timely inform P&R of any restrictions or limitations regarding our physical abilities. We also understand that it is our obligation to follow all regulations and rules set forth by P&R in the performance of the activities. We hereby release, indemnify, and hold harmless the City, its officials, employees, representatives, and agents from any and all claims, settlements, and judgments, including all reasonable investigative fees, attorney's fees, and court costs for any injury, damage, or loss, which is due to or arises in whole or in part due to negligent, reckless, or intentional actions taken by my child or by myself.

To register visit [www.wdm.iowa.gov/ParkRecReg](http://www.wdm.iowa.gov/ParkRecReg) or call 515.222.3444





Scan with your mobile  
device to see our website



P.O. Box 65320  
West Des Moines, Iowa 50265



The MidAmerican Energy Company RecPlex is  
the new home for Can Play Sports. All programs  
listed below will be held at the RecPlex,  
6500 Grand Avenue in West Des Moines.

Can Play Sports (formerly Courage League Sports) offers year-round programming for children and adults with special needs. Can Play Sports offers a variety of programs for all ages and ability levels. All programs are available for monthly (\$40/month) or recurring sessions.

**Visit [www.canplaysports.org/programs](http://www.canplaysports.org/programs) to register for these programs!**

Active Adults

Cubs/Tigers

Lions League

Teen Night

Tuesday Specials

Art Expression

Music Motion

School Break Camp

Summer Golf

Senior Sculpt & Balance

Courage Cubs